

South German
vegetarian cookbook

with

a menu for the whole year.

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Foreword and Introduction.

Assuming that the majority of those who read this book agree with the fundamental principle of vegetarianism, namely the general abstention from eating meat, we will not discuss its great advantages here.

For newcomers who want to examine and appreciate the vegetarian principle more closely, we recommend first and foremost “das Vereinsblatt für Freunde natürlicher Lebensweise” edited by *Eduard Baltzer* in Nordhausen; furthermore “Die naturgemässe Diät” by *Theodor Hahn*, Cöthen by *Paul Schettler*.

Just as there are differences in character between northern and southern Germany in various ways, there is also a difference in nutrition, and in the preparation and composition of food (menu). We southern Germans can't quite get along with the food of the northern Germans, and probably also vice versa.

Since many of our guests have requested a cookbook based on the vegetarian cuisine common at our main spa table, we are aiming to meet this request with the following.

In some respects, we followed a new design of cookbook, hoping to make it more practical. Since this cookbook essentially represents a copy from practical life, namely both in the composition or mixing ratios, the preparation, as well as in the composition of the dishes (menu) as it generally satisfies our guests, we also hope to achieve the intended purpose with it.

As an essential novelty we consider that the composition of all dishes is given exactly *for one serving each*, namely as a unit according to the weight, with the exception of the eggs, and the local garden spices such as parsley, chives, onion, etc. The measure of the single or the unit serving, taken as a whole, is a relatively large one, since it is taken, on average, from the healthy appetite of healthy spa guests in Bled's mountain air. Their metabolism is, according to the majority, in very lively flow due to the combined healing procedure (i.e. heavy sweating in sun baths as preparation for the various subsequent cooling and strengthening water applications). For family use, therefore, this high bar should be somewhat lowered throughout, which is very easy and practical to do.

If 6 persons are to be fed in a family, then, for example, instead of 6, only 5 or 4 ½ servings should be prepared, i.e., instead of 6, the unit serving is multiplied only by 5 or 4 ½. One will soon find out the correct ratio (i.e. the optimal multiplier) after a few attempts, especially if one takes into account the different tastes of the various dishes among all the persons at the table.

This exact preparation of the dishes according to weight, even for the vegetables, may seem cumbersome to some women, but after some practice, this work is fun. Also, not only is it very economical, which pays off well, but one also gets the satisfaction that the composition (mixture ratio) is always uniformly correct, uniformly fatty, uniformly salted, etc. You just have to make it comfortable and practical. We therefore recommend that those who want to achieve the aforementioned outcomes acquire one or two of the newer, very practical, kitchen scales, i.e. a larger one, and a smaller one for weighing salt and butter, and perhaps a notebook or pad where you can write down the different ingredients with the multiplication factor you think is appropriate. With a little practice, this can be done in 10 minutes, and the weighing for a medium-sized family can be done in 15 to 20 minutes.

Thus one devotes at most half an hour daily to the solid order of the matter; solid life should be order, i.e. regularity, in every respect. We see, or rather we recognize, more and more that

mathematics is everywhere in life according to natural law, i.e. it proceeds according to certain relationships, compositions, or groupings!

Some of our dear readers might find it ridiculous at first glance where $\frac{1}{2}$ or $\frac{3}{4}$ of an egg is prescribed in the unit composition, since one cannot use fractions of eggs, but this is not as impractical as it seems. First of all, there are few cases where cooking is to be done for only one person; if the fraction of an egg, e.g. $\frac{3}{4}$, is multiplied by 6, resulting in $4\frac{1}{2}$ eggs, then one just takes 4 large or 5 small eggs, or leaves the odd fraction as surplus.

Where mistakes were made in the composition of vegetarian dishes, we often saw blunders made, and generally recognised a reluctance to think in the women preparing the dishes, or else a clumsiness in the daily menu creation.

In order to remedy these two shortcomings, we undertook to draw up a menu for the whole year, as an approximate result of our practice of several years, leaving it to further reflection to compose all possible new menus from it. The latter is all the more necessary because the season of the various vegetables meets a different time period in each substantially different climate. Nevertheless, we hope to have done a welcome service to many housewives and cooks. Likewise, the indication of the sources of supply of the various types of fruit should be pleasant to some.

When writing this book, we did not intend to publish a cookbook for the sick, and therefore we refrain from reproaches from this side, but we wanted to create a menu that would welcome a public prejudiced against the vegetarian diet with the most inviting variation possible, while also corresponding to middle-class circumstances in terms of costs. For this purpose, as well as for the increase of intelligence, we have tried to bring the best possible change in the menu, while the change in all things of human relations is conducive to the development of its vital strengths. We are very far from the view that the simplest consistent "*mono diet*" (e.g. fruit and Graham bread) represents the best solution from a **dietary** perspective! Such a permanent mono diet, like everything one-sided, has a degrading effect, lacks momentum and, in any case, approaches the animal point of view, in that most animals are more or less dependent on one kind of food. Do not misunderstand us: We reject the mono diet only for everyday professional life. As a means of treatment it can be very necessary, even excellent. A treatment is always an exceptional period and can therefore only be of limited duration. We also reject an excessively irritating diet, such as the meat, wine, beer and coffee diet that is still common today. In our menu we believe in keeping an approximately correct middle ground within the vegetarian principle, and are therefore eager to hear the majority of the subsequent evaluations given by our honoured readers and/or testers.

If, however, someone wants to have two cooked meals instead of four at the main meal (i.e. the first two of each menu, then fresh or dry fruit uncooked as a dessert, or as an introduction to the meal, as we have done ourselves over the past two years), the unit serving will have to be increased by an average of 40 to 50%.

It will perhaps be noticed by individuals that almost no so-called fine sweet pastries are included in our menu. This type of food we consider 1.) not suitable to enjoy with sweet compote, since by the union of opposites (namely salted pastry with sweet fruit) both parts are made spicier, 2.) too tasty for the rule, and therefore already outside the sphere of a vegetarian (not to be confused with vegetable) diet. The same principle of opposites has been observed in the best possible way in our vegetable combinations, so that a more floury vegetable is always combined with an acidic one, and never two floury or two acidic vegetables are never combined, for example pea puree and potato rösti, or cabbage and beets together, etc. In order not to extend our introduction too much, we give the remaining necessary remarks in aphoristic form.

1. Since it is important that the teeth get work (i.e. to bite) with as much food as possible, so that the chyme can be better digested, we recommend that *toasted* bread rolls be placed on the table with soups and all vegetables that do not require much chewing, and that they be crumbled on top of the soup or eaten in the hand with it. On average, for 1 serving, 3.5 decagrams of dry bread roll (weighed before toasting) is sufficient.
2. Since the mild air of Trieste makes it difficult to preserve apples over the winter, and since this fruit is so exquisitely suited to fruit pastries, we have included sour apples in the menu for the winter months, every other day as a fruit pastry, but with a constantly changing mixture, so that the enjoyment of them is not spoiled easily. Only abundantly acidic apples are suitable for fruit pastries. Here, from October to mid-February, we use the so-called small Tafentapfel for cooking the finest apple of Carniola, which we get in autumn in a proper supply. From mid-February to the end of March, we use the so-called Christkindl apple, the flesh of which is somewhat grittier then, and not quite as acidic as, the Tafentapfel.
3. It probably goes without saying that as soon as, and as long as, you can have fresh fruit, you always use the last to make compote. Good dry fruit, prepared with a little wine and sugar, also makes a very tasty compote when stewed slowly according to our instructions, especially when soaked in fresh water a day before stewing, in which case it becomes decidedly softer and juicier. It is also customary to steam the compote a day before it is to be eaten. —
4. When scheduling the compotes or berry sauces, it must also be ensured that the highly acidic among them, such as peaches, cherry plums, cornel sauces, etc., do not coincide with acidic vegetables (such as pickled turnips, sauerkraut, salads), and that these are spread over other days when either soup or non-acid-rich vegetables are on the menu.
5. Of course, the climate must be taken into account when it comes to vegetables. In Trieste, for example, autumn turnips are completely inedible in early March, swedes in the second half of March, and old potatoes in May. The pleasant and eye-pleasing Brussels sprouts are not found here at all, and asparagus is rarely good here in Trieste, i.e. only the head is edible and usually very expensive. Curd cheese, i.e. fresh cheese from sour milk not available here etc.
6. In order to make possible new editions of this cookbook richer and more varied, we ask you to send us good, hitherto unknown vegetable, soup and simple salted simple pastry recipes.
7. By lard we understand here so-called beef lard, i.e. sweet or unsalted boiled butter. Those who cook with butter must use $\frac{1}{3}$ or 33% more butter by weight than lard if they want to get the same fat content into the food, since butter contains so many more water particles. Here in the country, it is calculated that 4 parts butter has the same fat content as 3 parts sweet beef lard. Where cooking is done with salted butter, the ratio is even lower, and also with regard to the addition of salt to the dishes, one will have to adjust down relative to the regulations specified.
8. The signs + x mean: the former, namely the cross, strong (i.e. a strong weight or measure), the latter a weak weight or measure. Both refer only to the still valid Austrian weights and measures, whose smallest subdivisions are just too large to always be able to make the necessary divisions for 1 serving. For cooking all vegetables, even legumes and grains, as well as fruits, we strongly recommend not using any metal cookware, even enamelled ones, but instead using porcelain or well-glazed earthenware cookware. Even with the finest enamel crack, all the dishes below take on a metallic colour and taste. Dairy dishes, such as semolina pudding and milk appetizers, are cooked in a strictly separate pan that is not used for other dishes, as dairy dishes turn out better that way. In

order to be able to remove the crusts of the porridge more easily, it is good to first heat a part of the fat intended for the dairy dish in the pan, so that the bottom is soaked all over with it.

9. The lists (index) of the dishes, we have intentionally listed twice, once alphabetically to be able to look them up easily, then again so arranged that those which are most similar come to stand as far apart as possible, in order to bring the best possible variation for people who want to try them in order.

10. The menu was printed on so many layers, so that there would be room for any changes that might become necessary, depending on the various local uses of food. —

11. Since it is impossible for us to know exactly where within the large area of the German tongue the provincial expressions commonly used here in the art of cooking are *not* understood, we kindly request that incomprehensible expressions, as well as expressions understood by individuals but otherwise unknown in the province concerned, be made known to us so that we can explain such expressions in as many ways as possible in a future edition, and in each case note all provincial designations, in order to make this vegetarian cookbook more accessible to the widest circles of the German tongue.

The author.

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„

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„

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„

11. Raspberry sauce . . .

„

Menu in JANUARY

1	White potato soup with toasted bread roll	Endive salad or watercress salad
2	Pickled turnips	Pea puree
3	Rice soup	Boiled chestnuts
4	Sweet autumn turnips	Potato pancakes
5	Brown flour soup or Sago soup	Milk appetizer
6	Savoy cabbage	White potato rösti
7	Barley soup	Diced potatoes
8	Sauerkraut	Bean puree
9	Brown potato soup	Polenta with tomato sauce
10	Swedes	Lentils

(calculated for Trieste).

Rice with apples	
Macaroni	Plum compote
Apple crumpets with eggs	
Ribbon noodles	Peach compote
Apple charlotte	
Nut strudel	Cranberry compote or rose hip sauce
Shredded pancakes with apples	
Flour and water porridge	Cherry compote
Apple puree	
Bread Slices	Blackberry sauce

Menu in JANUARY

11	Oatmeal soup	Mashed potatoes
12	Stewed cabbage	Diced potatoes with butter sauce
13	Buckwheat mush with tomato sauce	Semolina porridge, thinner
14	Dried beans	Brown rösti from boiled potatoes
15	Mixed salad	Motschnig (traditional porridge)
16	Cauliflower	boiled chestnuts
17	Fennel soup	Milk appetizer
18	Pickled turnips	Pea puree
19	Brown semolina soup	Potato puree
20	Savoy cabbage	Brown rösti from raw potatoes

(calculated for Trieste).

Apple strudel	
Semolina pudding	Medlar sauce
Apple compote	
Water spaetzle with Parmesan cheese	Pear compote
Rösti with apples	
Bread dumplings	Plum compote (cherry plum)
Apple cake	
Potato cones	Cherry sauce
Apple crumpets with eggs	
Italian rice porridge	Blueberry compote

Menu in JANUARY

21	White potato soup with toasted bread roll	Potato pancakes
22	Sweet autumn turnips	Bean salad
23	Rice soup	Boiled chestnuts
24	Stewed cabbage	Potato mush
25	Brown flour soup or Sago soup	Milk appetizer
26	Swedes	Lentil mousse
27	Barley soup	Diced potatoes
28	Sauerkraut	Bean puree
29	Brown potato soup	Polenta with tomato sauce
30	Endive and celery, Mixed vegetables	Boiled chestnuts or skin-on roast potatoes
31	Oatmeal soup	Mashed potatoes

(calculated for Trieste).

Fried apple slices	
Pancakes	Cornel sauce
Plum strudel from dried plums	
Cake from milk spaetzle	Cherry compote
Apple charlotte	
Shredded bread roll pancakes	Peach compote
Apple soufflé	
Baked mousse	Plum compote
Apple puree	
Potato dumplings or rice dumplings	Elderberry sauce
Rösti with apples	

Menu in FEBRUARY

1	Dried beans	Brown rösti from boiled potatoes
2	Buckwheat mush with tomato sauce	Semolina porridge (thin)
3	Cauliflower	Boiled chestnuts
4	Motschnig (traditional porridge)	Mixed salad
5	Pickled turnips	Pea soup with toasted bread roll
6	White potato soup with toasted bread roll	Bean salad
7	Savoy cabbage	White potato rösti
8	Brown semolina soup	Diced potatoes with butter sauce
9	Sweet turnips	Potato pancakes
10	Fennel soup	Brown rösti from raw potatoes

(calculated for Trieste).

Cornmeal porridge	Cranberry compote
Apple compote	
Rice dumplings	Rose hip sauce
Rice with apples	
Potato strudel	Pear sauce
Bread roll slices with apples	
Cheese soufflé	Plum compote
Apple strudel	
Semolina dumplings	Blueberry compote
Apple crumpets with eggs	

Menu in FEBRUARY

11	Sauerkraut	Bean puree
12	Rice soup	Boiled chestnuts
13	Spinach	Diced potatoes with butter sauce
14	Brown flour soup	Potato puree
15	Stewed cabbage	Milk appetizer
16	Barley soup	Diced potatoes
17	Swedes	Lentils
18	Brown potato soup	Polenta with tomato sauce
19	Dried beans	White potato rösti
20	Oatmeal soup	Mashed potatoes

(calculated for Trieste).

Italian rice porridge	Blackberry sauce
Apple cake	
Nut strudel	Cherry sauce
Apple charlotte	
Wasp's nest cake	Pear compote
Shredded pancakes with apples	
Bread roll rösti with eggs	Cornel sauce
Apple puree	
Cheese strudel	Peach compote
Rösti with apples	

Menu in FEBRUARY

21	Cauliflower salad	Brown potato appetizer
22	Buckwheat mush with tomato sauce	Rice porridge, thin
23	Pickled turnips	Pea puree
24	Motschnig (traditional porridge)	Mixed salad
25	Broccoli as a vegetable side dish	Potato pancakes
26	Sago soup	Potato mush
27	Sweet turnips	Rösti from raw potatoes
28	White potato soup	Bean salad
29	Sauerkraut	Lentil mousse

(calculated for Trieste).

Doughnuts	Apple sauce
Apple compote	
Spinach pancakes	Plum compote
Rice with apples	
Corn soufflé	Cranberry compote
Bread roll slices with apples	
Poppy seed strudel	Elderberry sauce
Fried apple slices	
Flour and water porridge	Cherry compote

Menu in MARCH

1	Swedes	Brown potato appetizer
2	Brown semolina soup	Mashed potatoes, radishes
3	Spinach	Diced potatoes with butter sauce
4	Rice soup	White rösti or cooked chestnuts and radishes
5	Pickled turnips	Pea puree
6	Fennel soup	Potato mush, radishes
7	Cauliflower salad	Potato pancakes
8	Barley soup	Diced potatoes, radishes
9	Horseradish sauce or autumn turnips	Bean soup
10	Brown flour soup	Milk appetizer, radishes

(calculated for Trieste).

Fluffy yeast dumplings	Plum sauce
Apple cake	
Bread Slices	Plum compote
Apple strudel	
Set ride pudding	Rose hip sauce
Rice with apples	
Homemade pancakes or waffles	Blueberry compote
Apple charlotte	
Choux pastries	Peach compote
Apple crumpets with eggs	

Menu in MARCH

11	Lamb's lettuce or watercress salad	Mashed potatoes
12	Oatmeal soup	Boiled potatoes with Emmental cheese, radishes
13	Broccoli as a vegetable side dish	White potato rösti
14	White potato soup with toasted bread roll	Radishes
15	Sauerkraut	Lentil soup
16	Buckwheat mush with tomato sauce	Radishes
17	Dried beans	Mashed potatoes
18	Sago soup	Potato mush, radishes
19	Spinach	Diced potatoes with butter sauce
20	Motschnig (traditional porridge)	Mixed salad

(calculated for Trieste).

Leavened doughnuts	Pear compote
Shredded pancakes with apples	
Poppy seed strudel	Cherry sauce
French toast with plums	Wine triet
Semolina dumplings	Plum compote
Flour and water porridge	Apple compote
Wasp's nest cake	Blackberry sauce
Bread roll slices with apples	
Bread roll rösti with eggs	Cranberry compote
Rösti with apples	

Menu in MARCH

21	Pickled turnips	Pea puree
22	Brown potato soup	Polenta with tomato sauce
23	Horseradish sauce	Bean puree
24	Rice soup	Potato pancakes, radishes
25	Cauliflower salad or autumn turnips	Brown rösti from cooked potatoes
26	Brown semolina soup	Milk appetizer
27	Broccoli as a vegetable side dish	White Rösti
28	Barley soup	Diced potatoes
29	Sauerkraut	Lentil soup
30	Bread soup	Mashed potatoes
31	Dried beans	Skin-on roast potatoes

(calculated for Trieste).

Potato dumplings	Cherry compote
Apple puree	
Cheese strudel	Cornel sauce
Apple strudel	
Rice dumplings	Blueberry compote
Apple cake	
Nut strudel	Apple sauce
Rice with apples	
Shredded bread roll pancakes	Plum compote
Apple charlotte	
Cheese soufflé	Pear compote

Menu in APRIL

1	White potato soup with radishes	Bean salad
2	Cauliflower salad	Potato pancakes
3	Brown flour soup (thin), radishes	Potato puree
4	Autumn turnips	Brown rösti from raw potatoes
5	Buckwheat mush with tomato sauce, radishes	
6	Spinach	Diced potatoes with butter sauce
7	Oatmeal soup, radishes	Milk appetizer
8	Pickled turnips	Lentil mousse
9	Sago soup, radishes	Diced potatoes
10	Head lettuce, mixed with eggs	White potato soup

(calculated for Trieste).

Semolina pudding	Pear sauce
Bread Slices	Plum compote
Ribbon noodles	Peach compote
Fluffy yeast dumplings	Elderberry sauce
Semolina porridge, thin	Cranberries
Bread dumplings	Cherry compote
Shredded flour pancakes	Plum sauce
Potato cones	Rose hip sauce
Cake from milk spaetzle	Plum compote
Doughnuts	Cherry sauce

Menu in APRIL

11	Brown potato soup, radishes	Polenta with tomato sauce
12	Broccoli as a vegetable side dish	Potato mush
13	Motschnig (traditional porridge), radishes	Mixed salad
14	Sauerkraut	Pea puree
15	Sour cream soup, radishes	Potato pancakes
16	Dried beans	Milk appetizer
17	Millet porridge, radishes	Thick sour milk
18	Horseradish sauce	Bean soup
19	Rice soup, radishes	White potato rösti
20	Cut lettuce as a vegetable side dish	Brown rösti from raw potatoes

(calculated for Trieste).

Plum puree	
Pancakes	Blueberry compote
Set ride pudding	Medlar sauce
Flour and water porridge	Apple compote
Macaroni	Pear compote
Water spaetzle with cheese	Blackberry sauce
Spinach cake	Plum compote
Baked mousse	Peach compote
Cream strudel	Cornel sauce
Buckwheat soufflé	Cranberry compote

Menu in APRIL

21	Brown semolina soup, radishes	Mashed potatoes
22	Spinach, maybe broccoli	Diced potatoes
23	Barley soup, radishes	Skin-on roast potatoes with cheese
24	Lettuce with eggs	Diced potatoes with butter sauce
25	Bread soup, radishes	Milk appetizer
26	Pickled turnips	Pea puree
27	White potato soup, radishes	Bean salad
28	Dried beans	Potato mush
29	Brown flour soup, radishes	Potato puree
30	Horseradish sauce	Potato pancakes

(calculated for Trieste).

Homemade pancakes or waffles	Apple sauce
Corn soufflé	Cherry compote
Choux pastries	Pear sauce
Leavened doughnuts	Blueberry compote
Herbal spaetzle	Plum compote
Baked sage leaves	Elderberry sauce
Cornmeal porridge	Apple compote
Cheese soufflé	Pear compote
Cottage cheese pockets	Plum sauce
Wasp's nest cake	Peach compote

Menu in MAY

1	Oatmeal soup	Milk appetizer
2	Autumn turnips, fresh	Barley puree
3	Sago soup	Potato puree
4	Cut lettuce as a vegetable side dish	Lentil soup
5	Sour cream soup	Polenta with cheese
6	Pickled turnips	Pea puree
7	Motschnig (traditional porridge)	Horseradish sauce
8	Spinach	Bean soup
9	Millet porridge	Thick sour milk
10	Lettuce with eggs	Polenta

(calculated for Trieste).

Spinach strudel	Rose hip sauce or raspberry sauce
Potato dumplings	Plum compote
Cheese strudel	Medlar sauce
Bread roll rösti with eggs	Cranberry compote
Apple puree from dried apples	
Poppy seed strudel	Cherry sauce
Semolina pudding	Blackberry sauce
Rice dumplings	Plum compote
Herbal spaetzle	Cherry compote
Elderberry pockets	Apple sauce

Menu in MAY

11	Brown semolina soup	radishes
12	Kohlrabi, fresh	Barley puree
13	Rice soup	Horseradish sauce or radishes
14	Sauerkraut	Polenta
15	Bread soup	Potato puree from old potatoes
16	Fresh peas and baby carrots mixed	Polenta or thick rice soup
17	Vegetable soup	New potatoes as a test
18	Dried beans	Oatmeal soup
19	Cut lettuce as vegetables	Lentil soup
20	Peas, fresh or rice and green peas	Radishes or rice soup

(calculated for Trieste).

Cottage cheese strudel	Blueberry compote
Shredded bread roll pancakes	Cornel sauce
Bread slices	Peach sauce
Rice porridge	Pear compote
Nut strudel or elderberry pockets	Apple sauce
Plum puree	
Fluffy yeast dumplings	Pear sauce
Baked mousse	Peach compote
Ribbon noodles	Elderberry sauce or raspberry sauce
Bread dumplings	Plum compote

Menu in MAY

21	Horseradish sauce	Polenta
22	Autumn turnips	Bean soup
23	Peas, fresh	Horseradish sauce
24	Spinach	Barley puree
25	Swedes	Lentils
26	Peas, fresh	Radishes or rice soup
27	Lettuce with eggs	Polenta with tomato sauce
28	Kohlrabi	Oatmeal soup
29	Peas	Horseradish sauce
30	Autumn turnips	Barley soup
31	Peas	Radishes or rice soup

(calculated for Trieste).

Semolina porridge or elderberry pockets	Cranberry compote
Macaroni	Plum sauce
Cake from milk spaetzle	Plum compote
Shredded flour pancakes	Rose hip sauce
Doughnuts	Medlar sauce
Water spaetzle with cheese	Blueberry compote
Apple puree	
Pancakes	Cherry sauce
Set ride pudding	Blackberry sauce
Buckwheat soufflé	Apple compote
Homemade pancakes or waffles	Peach compote

Menu in JUNE

1	Pickled turnips	Pea puree
2	Lettuce	Brown rösti from raw potatoes
3	Horseradish sauce	Potato pancakes
4	Spinach	Diced potatoes with butter sauce
5	Head lettuce	Brown potato appetizer
6	Dried beans	Potato mush
7	Sauerkraut	Bean puree
8	Swedes	Lentils
9	Peas, fresh	Potato puree or rice soup
10	Kohlrabi, fresh	Diced potatoes

(calculated for Bled in Upper Carniola).

Corn soufflé	Plum compote
Cream strudel	Cornel sauce
Herbal spaetzle	Cranberry compote
Leavened doughnuts	Apple sauce
Spinach cake or spinach strudel	Cherry compote
Baked sage leaves	Pear sauce
Flour and water porridge	Blueberry compote
Potato strudel	Elderberry sauce
Choux pastries	Apple compote
Wasp's nest cake	Plum sauce

Menu in JUNE

11	Autumn turnips, fresh	Barley soup
12	Zucchette or vegetable soup	White Rösti
13	Pickled turnips	Pea puree
14	Lettuce	Brown rösti from cooked potatoes
15	Horseradish sauce	Potato pancakes
16	Spinach	Diced potatoes with butter sauce
17	Head lettuce	Brown potato appetizer
18	Dried beans	Milk appetizer or potato puree
19	Sauerkraut	Bean soup
20	Swedes, fresh from Trieste	Lentils

(calculated for Bled).

Elderberry pockets	Medlar sauce
Cottage cheese pockets	Pear compote
Poppy seed strudel	Tomato sauce
Cheese soufflé	Peach compote
Semolina dumplings	Plum compote
Shredded bread roll pancakes	Cherry sauce
Fluffy yeast dumplings	Cherry compote
Elderberry pockets	Cranberry compote
Semolina pudding	Blackberry sauce
Potato dumplings	Plum compote

Menu in JUNE

21	Kohlrabi from Trieste	Diced potatoes
22	Peas from Trieste or rice and green peas	Potato puree or rice soup
23	Autumn turnips from Bled	Oatmeal soup
24	Fresh beans from Trieste	Potato mush
25	Vegetable soup	White potato rösti
26	Pickled turnips	Pea puree
27	Lettuce	Brown rösti from raw potatoes
28	Horseradish sauce	Potato pancakes
29	Spinach	Barley soup
30	Head lettuce	Brown potato appetizer

(calculated for Bled).

Bread slices	Cornel sauce
Cheese strudel	Apple sauce
Bread dumplings	Blueberry compote
Ribbon noodles	Apple compote
Cottage cheese strudel	Pear sauce
Doughnuts	Elderberry sauce
Potato cones	Pear compote
Cake from milk spaetzle	Plum compote
Elderberry pockets	Medlar sauce
Shredded flour pancakes	Plum sauce

Menu in JULY

1	Swedes	Lentils
2	Kohlrabi	Diced potatoes
3	Peas	Rice soup
4	Autumn turnips	Oatmeal soup
5	Fresh beans	Potato mush
6	Vegetable soup	White potato rösti
7	Stewed cabbage	Mashed potatoes or barley soup
8	Lettuce	Brown rösti from boiled potatoes
9	Mangetout	Potato puree
10	Horseradish sauce	Bean soup

If one of the vegetables is missing, then a salad of red beets, kohlrabi, swedes, beans or cabbage.

(calculated for Bled).

Potato strudel	Cranberry compote
Pancakes	Cherry sauce
Macaroni	Tomato sauce
Water spaetzle	Plum compote
Buckwheat soufflé	Cherry compote
Set ride pudding	Blackberry sauce
Corn soufflé	Apple sauce
Elderberry pockets	Blueberry compote
Homemade pancakes or waffles	Cornel sauce
Semolina porridge	Apple compote

Menu in JULY

11	Spinach	Diced potatoes with butter sauce
12	Head lettuce	Brown potato appetizer
13	Swedes	Potato pancakes
14	Chard	Pea puree
15	Kohlrabi	Potato mush
16	Peas	Potato puree
17	Autumn turnips	Oatmeal soup
18	Beans	Diced potatoes
19	Vegetable soup	White potato rösti
20	Stewed cabbage	Barley soup

(calculated for Bled).

Cream strudel	Pear compote
Spinach cake	Pear sauce
Herbal spaetzle	Peach compote
Potato cones	Plum compote
Baked sage leaves	Cranberries
Choux pastries	Elderberry sauce
Wasp's nest cake	Cherry compote
Poppy seed strudel	Plum sauce
Leavened doughnuts	Medlar sauce
Potato dumplings	Blueberry compote

Menu in JULY

21	Cucumbers, steamed	Brown rösti from raw potatoes
22	Savoy cabbage	Potato mush
23	Snow peas	Rice soup
24	Pickled turnips	Oatmeal soup
25	Lettuce	Potato pancakes
26	Chard	Barley soup
27	Spinach	Diced potatoes with butter sauce
28	Horseradish sauce	Bean soup
29	Lettuce	Brown potato appetizer
30	Swedes	Lentils
31	Cucumbers, steamed	Brown rösti from boiled potatoes

(calculated for Bled).

Semolina dumplings	Pear compote
Cottage cheese pockets	Plum compote
Bread roll rösti with eggs	Cherry sauce
Potato strudel	Blackberry sauce
Cheese soufflé	Plum compote
Shredded bread roll pancakes	Cranberry compote
Nut strudel	Cornel sauce
Rice porridge	Plum compote
Bread slices	Apple sauce
Rice dumplings	Cherry compote
Cheese strudel	Pear sauce

Menu in AUGUST

1	Savoy cabbage	Diced potatoes
2	Peas or mangetout	Potato puree
3	Autumn turnips	Barley soup
4	Bean salad	Brown potato appetizer
5	Vegetable soup	White potato rösti
6	Stewed cabbage	Oatmeal soup
7	Courgettes	Brown rösti from raw potatoes
8	Kohlrabi	Potato mush
9	Chard	Milk appetizer
10	Spinach from young chard leaves	Diced potatoes with butter sauce

Salad of red beets, kohlrabi, swedes as a back-up.

(calculated for Bled).

Cottage cheese strudel	Plum compote
Ribbon noodles	Elderberry sauce
Bread dumplings	Peach compote
Fluffy yeast dumplings	Plum sauce
Macaroni	Cranberry compote
Baked mousse	Cherry compote
Cake from milk spaetzle	Medlar sauce
Doughnuts	Tomato sauce
Shredded flour pancakes	Plum compote
Water spaetzle with cheese	Blueberry compote

Menu in AUGUST

11	Horseradish sauce	Bean soup
12	Lettuce	Potato pancakes
13	Pickled turnips	Pea puree
14	Savoy cabbage or mangetout	Diced potatoes
15	Swedes	Lentils
16	Bean salad	Brown potato appetizer
17	Autumn turnips	Oatmeal soup
18	Vegetable soup	White potato rösti
19	Stewed cabbage	Barley soup
20	Courgettes	Brown rösti from boiled potatoes

(calculated for Bled).

Semolina pudding	Cherry sauce
Pancakes	Apple compote
Buckwheat soufflé	Raspberry sauce
Cream strudel	Blackberry sauce
Spinach cake or strudel	Pear compote
Homemade pancakes or waffles	Plum sauce
Potato cones	Medlar sauce
Choux pastries	Peach compote
Potato dumplings	Cherry compote
Herbal spaetzle	Cranberry compote

Menu in AUGUST

21	Kohlrabi	Skin-on roast potatoes
22	Chard	Milk appetizer
23	Spinach from chard leaves	Diced potatoes with butter sauce
24	Horseradish sauce	Bean soup
25	Lettuce	Potato pancakes
26	Pickled turnips	Pea puree
27	Savoy cabbage	Diced potatoes
28	Swedes	Lentils
29	Bean salad	Brown potato appetizer
30	Autumn turnips	Oatmeal soup
31	Vegetable soup	White potato rösti

(calculated for Bled).

Baked sage leaves	Blueberry compote
Leavened doughnuts	Cherry sauce
Poppy seed strudel	Tomato sauce
Semolina dumplings	Plum compote
Cottage cheese pockets	Apple compote
Potato strudel	Blackberry sauce
Wasp's nest cake	Peach compote
Set ride pudding	Cornel sauce
Bread roll rösti with eggs	Plum compote
Cheese strudel	Pear compote
Shredded bread roll pancakes	Plum compote

Menu in SEPTEMBER

1	Snow peas	Potato mush
2	Stewed cabbage	Barley soup
3	Kohlrabi	Skin-on potatoes
4	Cucumbers	Potato pancakes
5	Spinach	Diced potatoes with butter sauce
6	Chard	Milk appetizer
7	Courgettes	Mashed potatoes
8	Lettuce	Brown rösti from raw potatoes
9	Pickled turnips	Pea puree
10	Savoy cabbage	Diced potatoes

(calculated for Bled).

Rice dumplings	Blueberry compote
Bread slices	Apple compote
Nut strudel	Apple sauce
Cheese soufflé	Pear compote
Fluffy yeast dumplings	Pear sauce
Bread dumplings	Peach compote
Ribbon noodles	Plum compote
Shredded flour pancakes	Elderberry sauce
Cake from milk spaetzle	Cherry compote
Doughnuts	Plum sauce

Menu in SEPTEMBER

11	Swedes	Lentil soup
12	Beans	Potato puree
13	Autumn turnips	Oatmeal soup
14	Lettuce	Brown potato appetizer
15	Vegetable soup	White potato rösti
16	Horseradish sauce	Bean soup
17	Peas as a vegetable side dish	Potato mush
18	Stewed cabbage	Barley soup
19	Kohlrabi	Skin-on roast potatoes
20	Cucumbers	Potato pancakes

(calculated for Bled).

Potato cones	Medlar sauce
Macaroni	Cranberry compote
Potato strudel	Raspberry sauce
Pancakes	Blueberry compote
Water spaetzle with cheese	Plum compote
Rice porridge	Apple compote
Buckwheat soufflé	Tomato sauce
Baked mousse	Pear compote
Cottage cheese strudel	Cherry sauce
Homemade pancakes or waffles	Peach compote

Menu in SEPTEMBER

21	Spinach	Diced potatoes with butter sauce
22	Chard	Milk appetizer
23	Courgettes	Mashed potatoes
24	Lettuce	White potato rösti
25	Pickled turnips	Pea puree
26	Savoy cabbage	Diced potatoes
27	Horseradish sauce	Bean soup
28	Autumn turnips	Brown rösti from boiled potatoes
29	Beans	Potato puree
30	Swedes	Lentil soup

(calculated for Bled).

Cream strudel	Blackberry sauce
Corn soufflé	Apple sauce
Spinach cake	Plum compote
Baked sage leaves	Cranberry compote
Potato dumplings	Cornel sauce
Choux pastries	Pear sauce
Flour and water porridge	Cherry compote
Herbal spaetzle	Plum compote
Wasp's nest cake	Plum sauce
Set ride pudding	Elderberry sauce

Menu in OCTOBER

1	Vegetable soup	Boiled skin-on potatoes
2	Cucumbers	White potato rösti
3	Peas as a vegetable side dish	Potato mush
4	Chard	Potato pancakes
5	Salad (maybe mixed)	Brown semolina soup
6	Kohlrabi	Diced potatoes
7	Stewed cabbage	Barley soup
8	Spinach	Diced potatoes with butter sauce
9	Pickled turnips	Pea puree
10	Lettuce	Brown rösti from raw potatoes

(calculated for Bled).

Leavened doughnuts	Blueberry compote or plum compote
Poppy seed strudel	Medlar sauce
Cottage cheese pockets	Apple compote
Semolina dumplings	Pear sauce
Potato strudel	Raspberry sauce
Bread roll rösti with eggs	Peach compote
Cheese strudel	Cherry sauce
Shredded bread roll pancakes	Plum compote
Potato cones	Apple compote
Nut strudel	Tomato sauce

Menu in OCTOBER

11	Horseradish sauce	Bean puree
12	Savoy cabbage	Potato puree
13	Swedes	Lentil soup
14	Bean salad	Mashed potatoes
15	Autumn turnips	Oatmeal soup
16	Cauliflower	Brown potato appetizer
17	Vegetable soup	Skin-on roast potatoes
18	Cucumbers	White potato rösti
19	Peas as a vegetable side dish	Potato mush
20	Salad (maybe mixed)	Brown semolina soup

(calculated for Trieste).

Semolina pudding	Cherry compote
Rice dumplings	Cranberry compote
Cheese soufflé	Plum compote
Bread slices	Blackberry sauce
Rice porridge, thick	Cornel sauce
Cottage cheese strudel	Blueberry compote
Bread dumplings	Apple compote
Ribbon noodles	Pear compote
Fluffy yeast dumplings	Apple sauce
Shredded flour pancakes	Plum compote

Menu in OCTOBER

21	Kohlrabi	Diced potatoes
22	Stewed cabbage	Milk appetizer
23	Spinach	Diced potatoes with butter sauce
24	Pickled turnips	Barley soup
25	Lettuce	Brown rösti from boiled potatoes
26	Horseradish sauce	Pea puree
27	Beans as a vegetable side dish	Potato mush
28	Savoy cabbage	Potato puree
29	Swedes	Bean soup
30	Cauliflower salad	Brown potato appetizer
31	Vegetable soup	Skin-on boiled potatoes

(calculated for Trieste).

Cake from milk spaetzle	Apple compote
Doughnuts	Pear sauce
Macaroni	Peach compote
Baked mousse	Cherry compote
Pancakes	Elderberry sauce
Water spaetzle with cheese	Apple compote
Set ride pudding	Plum sauce
Buckwheat soufflé	Medlar sauce
Flour and water porridge with boiled potatoes	Cranberry compote
Waffles	Apple compote
Corn soufflé	Raspberry sauce

Menu in NOVEMBER

1	Autumn turnips	Lentil soup
2	Head lettuce	White potato soup
3	Beans as a vegetable side dish	Oatmeal soup
4	Cucumbers	White potato rösti or boiled chestnuts
5	Fresh peas with rice (rice and peas)	Mashed potatoes
6	Stewed cabbage	Milk appetizer
7	Spinach	Diced potatoes
8	Savoy cabbage	Skin-on roast potatoes or boiled chestnuts
9	Swedes	Brown semolina soup
10	Sauerkraut	Potato pancakes

(calculated for Trieste).

Cream strudel	Tomato sauce
Homemade pancakes or waffles	Cherry compote
Potato dumplings	Plum compote
Spinach strudel	Blackberry sauce
Choux pastries	Apple compote
Herbal spaetzle	Blueberry compote
Poppy seed strudel	Cherry sauce
Leavened doughnuts	Plum compote
Potato strudel	Cornel sauce
Semolina porridge	Apple compote

Menu in NOVEMBER

11	Cauliflower as a vegetable side dish	Brown potato appetizer or boiled chestnuts
12	Horseradish sauce	Polenta
13	Kohlrabi	Brown rösti from boiled potatoes
14	Peas with rice (rice and peas)	Potato puree
15	Vegetable soup	Potato mush or boiled chestnuts
16	Autumn turnips	Bean puree
17	Salad (endive or watercress) mixed with potatoes	Motschnig (traditional porridge)
18	Spinach	Diced potatoes with butter sauce
19	Stewed cabbage	Rice soup
20	Savoy cabbage	Skin-on boiled potatoes with cheese

(calculated for Trieste).

Nut strudel	Apple sauce
Rice porridge, thin	Pear compote
Shredded flour pancakes	Peach compote
Fluffy yeast dumplings	Pear sauce
Cheese strudel	Elderberry sauce
Ribbon noodles	Apple compote
Semolina pudding	Medlar sauce
Bread Slices	Plum compote
Potato cones	Raspberry sauce
Shredded bread roll pancakes	Cranberry compote

Menu in NOVEMBER

21	Bread soup	White potato rösti
22	Pickled turnips	Pea puree
23	Oatmeal soup	Mashed potatoes
24	Dried beans	Diced potatoes
25	Barley soup	Skin-on roast potatoes with cheese
26	Sauerkraut	Bean puree
27	Brown potato soup	Polenta with tomato sauce
28	Cauliflower	Brown rösti from boiled potatoes
29	Sour cream soup	Boiled chestnuts
30	Horseradish sauce	Potato mush

(calculated for Trieste).

Apple strudel	
Bread dumplings	Cherry compote
Apple charlotte	
Cheese soufflé	Cherry plum compote
Shredded pancakes with apples	
Rice dumplings	Rose hip sauce
Rice with apples	
Bread roll rösti with eggs	Cherry sauce
Rösti with apples	
Wasp's nest cake	Blueberry compote

Menu in DECEMBER

1	Sago soup	Potato puree
2	Autumn turnips	Lentils
3	Brown semolina soup	Milk appetizer
4	Endive or watercress salad	White potato soup
5	Rice soup	Boiled potatoes with cheese, or chestnuts
6	Spinach	Diced potatoes with butter sauce
7	Vegetable soup	Potato mush
8	Stewed cabbage	White potato rösti
9	Buckwheat mush with tomato sauce	Flour and water porridge
10	Savoy cabbage	Roast potatoes with cheese

(calculated for Trieste).

Apple crumpets with eggs	
Cornmeal porridge	Pear compote
Apple cake	
Pancakes	Blackberry sauce
Bread roll slices with apples	
Nut strudel	Cornel sauce
Apple puree	
Water spaetzle with cheese	Plum compote
Apple compote	
Semolina porridge	Peach compote

Menu in DECEMBER

11	White potato soup	Bean salad
12	Pickled turnips	Lentils
13	Motschnig (traditional porridge)	Mixed salad
14	Dried beans	Diced potatoes
15	Bread soup	Mashed potatoes
16	Sauerkraut	Bean puree
17	Oatmeal soup	Milk appetizer
18	Cauliflower	Rösti from raw potatoes
19	Barley soup	Skin-on boiled potatoes
20	Horseradish sauce	Potato pancakes

(calculated for Trieste).

Rice with apples	
Doughnuts	Apple sauce
Fried apple slices	
Macaroni	Cranberry compote
Apple strudel	
Rice pudding	Pear sauce
Apple charlotte	
Shredded flour pancakes	Cherry compote
Shredded pancakes with apples	
Spinach strudel	Elderberry sauce

Menu in DECEMBER

21	Brown potato soup	Polenta with tomato sauce
22	Endive or watercress salad	Potatoes in butter sauce or Mortschnig (traditional porridge)
23	Sour cream soup	Potato mush or boiled chestnuts
24	Autumn turnips	Brown potato appetizer
25	Sago soup	Potato puree
26	Spinach	Diced potatoes or boiled chestnuts
27	Flour soup	Milk appetizer
28	Stewed cabbage	Skin-on roast potatoes
29	Vegetable soup	White potato rösti
30	Savoy cabbage	Potato mush
31	Rice soup	Potato dumplings

(calculated for Trieste).

Apple crumpets with eggs	
Cheese strudel	Blueberry compote
Rösti with apples	
Sweet dumplings	Plum sauce
Apple cake	
Cake from milk spaetzle	Peach compote
Apple soufflé	Cherry sauce
Baked mousse	Pear compote
Bread roll slices with apples	
Semolina pudding	Rose hip sauce
Apple puree	

RECIPES.

I.

Soups and grain dishes.

1. Brown potato soup.

1 serving Metricweight

Potatoes

raw 28 decagrams *)

Flour „ 0.88 „

Lard „ 2.2 „

Salt „ 2.2 grams.

Brown the flour in the lard, add the sliced onion, stir with cold water until smooth, pour hot water over it, add the peeled and finely sliced raw potatoes, and cook the soup for about an hour. A bit of marjoram and bay leaf cooked with it makes the soup spicier. — 2.63 decagrams toasted bread roll to eat with it.

2. Rice soup.

Rice 6.12 decagrams

Lard „ 2.41 „

Salt „ 2.2 „

Heat the lard until hot, briefly simmer the rice in the lard for about 1 minute, and then pour in the hot water. Cook for about three quarters of an hour, together with the addition of various vegetables and herbs such as leeks, chives, parsley, celery, parsnips, carrots, etc.

3. Vegetable soup.

Cleaned

vegetables 17.6 decagrams

Lard „ 2.68 „

Salt „ 3.3 „

Bread roll " 2.2 „

Flour „ 4.4 „

Take some of each vegetable available at the given time of year. Autumn turnips and Swedes, kohlrabi.

*) One decagram equals 1 neuloth.

Savoy cabbage, cabbage, celery, cauliflower, peas, beans and potatoes. Cut all the vegetables into thin slices and sauté them in hot lard. When half soft, sprinkle with flour, cover with sufficient boiling water, and cook for about 1 hour until completely soft; finally, add a little fresh tomato, pushed through a strainer. Then fry the diced bread roll in the lard and pour the soup over it. Also, about 2 decagrams per serving of dried peas and green beans cooked until soft, then crushed and mashed, enrich the soup very nicely.

4. Oatmeal soup.

1 serving		Metricweight
Oatmeal	4.82	decagrams
Lard	2,	„
Salt	2.2	grams

Fry the oatmeal in hot lard until as brown as possible, pour hot water over it and cook for about half an hour together with soup vegetables of all kinds, as for the rice soup. For 1 serving of oatmeal puree, you need 7.8 decagrams of oatmeal and 2.41 decagrams of lard. As some people cannot tolerate oatmeal fried in lard, the lard can be boiled with the soup vegetable stock, and the oatmeal can be dropped in dry.

5. Flour soup.

Flour	5.25	decagrams
Lard „	2.62	„
Salt "	2.2	grams
Caraway seeds "	2.2	„

Brown the flour well in the hot fat, then proceed in exactly the same way as for the brown oatmeal soup. In addition to the caraway seeds, cook some thinly sliced bread in the soup for a while at the end. —

6. Barley soup.

Barley	4.37	decagrams
Lard „	1.3	„
Salt x „	2	grams

Use the most ordinary unrolled barley, which is only hulled and gives a much tastier soup than the rolled variety. Cook the barley for 2 1/2 to 3 hours with the same soup vegetables as for the rice soup, then fry the finely chopped parsley in lard, add it to the barley, and cook it with the barley for about 15 minutes more. Barley puree requires double the amount of barley, but only half or 50 % more lard and salt.

7. White potato soup.

1 serving Metricweight

Potatoes 28 decagrams

Lard 1.54 „

Salt 2.2 grams

Flour 6.6 "

Peel the raw potatoes and cut them into fairly thin slices. Then fry the finely sliced onion in hot lard until slightly browned, and stew the potatoes in the onions and lard until half cooked. Sprinkle finely with flour. Add hot water or vegetable stock and cook slowly for one hour.

During the cooking process, you can add some tomatoes or tomato extract to the soup.

8. Pea soup

from dried peas.

Dried peas 10.5 decagrams

Lard 1.54 „

Salt 2.2 grams

Cook the peas with the usual soup vegetables in as soft water as possible (rainwater) until tender, then crush and strain through a thick sieve. Next, fry the finely chopped onion in the hot lard, pour the pea soup over it and cook for about 1/4 hour. If using pea puree, add about 50% more of everything. The more limestone in the water, the harder it is, and limestone has a strange connection with the substances in the peas. Together they form an almost inseparable compound that makes the peas crushingly hard. To remove limestone from the hardest water, a concentrated lye of potassium carbonate or soda is allowed to drip into the near-boiling water until – with constant stirring – these droplets make the water milky. After 10 minutes, the limestone settles to the bottom, at which point the clear water is carefully poured off and the peas can be cooked soft.

The small green peas from Odessa, available in Trieste from **Tellini** or **Carabella**, seem to us to be the tastiest of all so far.

9. Motschnig (traditional porridge).

Flour 7 decagrams

Lard	1.97 "
Salt	2.5 grams
Egg ½ large	0.5 „

Crumble the flour mixed with the eggs into pea-sized pieces between the palms of your hands, then drop 2/3 of them into salted boiling water and cook for about 10 minutes; brown the remaining third in lard, add to the water and cook for a few more minutes. When the soup is ready to serve, sprinkle it with finely chopped chives.

10. Lentil soup.

1 serving Metricweight

Lentils	10.5 decagrams
Lard	1.75 "
Salt	2.2 grams
Flour	6.6 „

Place the lentils in cold water with the usual soup vegetables and cook for 2 hours. Finally, brown the finely chopped onion in the hot lard, sprinkle with flour, and fry until slightly browned, then cook for a while with the lentils. It is a good idea to prepare soft water for this, as for the peas.

11. Bread soup.

Bread	7 decagrams
Lard	2.62 "
Salt	3.3 grams
Flour	4.4 "

Grate the bread, or cut it into small cubes, then heat the lard until hot. Fry a little onion in the lard, and then add the bread and flour. When all the ingredients are nicely browned, add the finely chopped parsley. Then add enough hot water, salt the soup, and cook slowly for a quarter of an hour. If you wish, you can stir beaten egg yolk into the soup when serving.

12. Bean soup and puree.

Beans	14.	decagrams
Lard	1.75	"
Salt	2.2	grams
Flour	4.4	"

Onions 4.4 "

Cook the beans until soft, fry the flour and onion in the lard, add them slowly to the beans, and let everything cook together for a while. To make the puree, push the cooked beans through a thick strainer, then proceed in the same way, only without adding the flour, and allow the dish to simmer a little more until thickened. If using puree, you need 1.75 decagrams more beans for 1 serving.

13. Sour cream soup.

1 serving Metricweight

Flour	2.62	decagrams
Bread roll	2.62	"
Lard	2	"
Salt	2.2	grams
Sour cream	0.88	decilitres

Gently stir the flour into the sour cream and bring to the boil in salted water to which a pinch of caraway seeds has been added. Cook for a quarter of an hour, then pour the soup over the diced bread roll, which has been fried in lard. If you don't have sour cream, you can also use good sour milk.

14. Millet porridge.

Millet	7	decagrams
Lard	1.75	„
Salt	2.2	grams

Wash the millet until the water is clear, then boil it in water for an hour to thicken it completely. Fry the finely chopped onion in butter and pour it over the millet porridge before serving. Sour thick milk or diluted fruit sauce is usually served with millet porridge.

15. Sago soup.

Sago	2.62	decagrams
Lard	1.52	"
Flour	4.4	grams
Salt	2.2	„
Eggs	0.5	pieces

Boil a chunky broth of soup vegetables and herbs, strain it through a sieve, and use the strained soup to cook the sago starch. Cook the washed sago in this soup for 1/4 hour. Then fry the flour in the lard until it changes colour slightly, pour the sago soup over it, cook for a while, and then serve the soup poured over the beaten egg yolk.

16. Brown semolina soup.

Semolina 5.25 decagrams

Lard 2.62 "

Salt 3.3 grams

Prepare the soup in exactly the same way as the brown oatmeal soup (No. 4).

17. Buckwheat mush.

1 serving Metricweight

Buckwheat flour 10.5 decagrams

Lard 2.2

Salt 4.4 grams

Water 2.64 decilitres

Add the buckwheat flour to the salted boiling water as tightly as possible in a heap in the centre of the pan, then cook it covered for 10 minutes, then turn it and cook for a further 10 minutes. During cooking, pierce the dumpling once with a spoon to allow the flour to rise better due to the steam. Then pour off some of the water, but leave as much as you think you can mix with the flour, and then do this immediately with a fork, so that you get small pieces. Pour the hot lard over the dumplings and leave the pot covered on the stove for about a quarter of an hour. Stir the dumplings well again and serve. The dumplings can be accompanied by sour or sweet milk, or any of the fruit sauces. In bourgeois houses, dumplings are eaten with bouillon soup.

II.

Potato dishes.

1. White rösti.

1 serving Metricweight

Potatoes

raw 35. decagrams

Lard 2.2 „

Salt 2.5 grams

Peel the freshly boiled potatoes when they're still as hot as possible, then cut them into thin slices. Heat the lard in a shallow frying pan until hot, sauté some finely chopped onions in it, then add the potatoes, mixed with fine salt, to the pan. Stir the potatoes with a spoon until they are evenly mixed with the lard and completely heated through. Serve the potatoes before they have a brown crust on the bottom.

2. Brown rösti,

from boiled potatoes.

Ingredient ratio as above. The only difference is that when the potatoes are well mixed with the fat, pressed them flat in the pan with a spoon and leave them covered until a brown crust forms on the bottom of the pan, at which point, roll them out like a cake on a flat plate.

3. Brown rösti

from raw potatoes.

1 serving Metricweight

Potatoes

raw 35. decagrams

Lard 1 2.84 „

Salt 2.2 grams

Peel and slice the potatoes as thinly as possible, then fry the onion in the lard until yellow and, in a wide, shallow pan, mix the potatoes well with the lard, then align in a layer about two fingers thick and bake, covered, until it has a crust on the bottom. Once baked, roll it like a cake on a plate.

4. Milk appetizer.

Potatoes

raw	28 decagrams
Lard	1.32 "
Salt	2.2 grams
Flour	6.6 "
Milk	2.64 decilitres

Boil the peeled, finely grated potatoes with their peels, then make a thin milk butter sauce by dusting the flour into the hot lard while stirring constantly, and then pouring the cold milk in slowly. To this sauce, which must first boil for a few minutes, add the prepared potatoes and cook for another 20 minutes.

5. Brown appetizer.

Potatoes

raw	28	decagrams
Lard	2.2	"
Salt	2.2	grams
Flour	1.1	decagrams

Boil the thinly sliced potatoes for 1/2 hour in a strong roux of flour (as for the flour soup), add a little marjoram and 1 bay leaf and, if desired, a little vinegar or lemon juice, and tomatoes.

6. Potato mush

1 serving Metricweight

Potatoes

raw	28 decagrams
Lard	1.75 "
Salt	3.8 grams

Peel the raw potatoes, cut into large pieces and boil in salted water until tender, then drain the water and mash the potatoes well. Brown the onion in the lard and pour it over the potatoes when serving.

7. Potato pancakes.

Potatoes

raw	31.6	decagrams
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Lard	2	„	
Salt	3.5	grams	
Egg white	½	"	0.5 Egg whites

Peel the potatoes, boil them in salted water, then drain them. Mash the potatoes well, then whisk the egg whites lightly and stir them into the potato mixture. Heat the butter in a shallow frying pan, add the finely chopped parsley and onion and stir, then add the potatoes and stir well again. Flatten the mixture, then fry it until a brown crust has formed at the bottom, then turn it onto a flat plate.

8. Diced potatoes with butter sauce.

Potatoes

raw	28	decagrams
Lard	1.5	„
Salt	2.5	grams
Flour	6.6	"

Peel the raw potatoes and cut them into cubes. Then fry the flour and onion in butter until golden, pour a little cold water over them, then stir to make a smooth mixture. Add more hot water until a really thick mixture is formed. Add the finely chopped parsley to the butter sauce, and then add the diced potatoes. Simmer until the potatoes are cooked, but not yet mushy.

9. Potato puree.

Potatoes

raw	23	decagrams
Lard	1.1	"
Salt	3.3	grams
Milk	1.18	decilitres

Peel the raw potatoes and boil them in salted water until soft, drain the water, mash the potatoes well, then add the hot (boiled) milk to the potatoes. Place the potatoes back on the stove, stir well and leave cooking on the edge of the stove for a short time. Before serving, pour the onions, that have been yellow-fried in the lard, over the potatoes.

10. Boiled Skin-on potatoes.

1 serving Metricweight

Potatoes 35 decagrams

In fact, the title itself makes it clear enough what this recipe is about. These are potatoes in their natural skins. It is highly recommended to steam potatoes instead of boiling them in water, which is easy to do with the new galvanised potato steamers.

11. Mashed potatoes.

Potatoes

raw 28 decagrams

Lard 1.1 "

Flour 1.2 "

Salt 3.3 grams

Milk 3.54 decilitres

Peel the raw potatoes, cut them into large pieces, and boil them in salted water until tender. Then pour off all the water, mash the potatoes as smoothly as possible. Mix the flour smoothly with a little cold milk, and stir it into the potatoes, then pour in the remaining milk and cook over a low heat for another hour.

12. Diced potatoes

Potatoes

raw 28 decagrams

Lard 1.32 "

Salt 3.8 grams

Peel and cut the potatoes into medium-sized cubes and boil them in salted water until soft. Drain off all but a few spoonfuls of water. Fry onion or fennel in butter until golden. Put the potatoes with a little of the liquid on a plate and pour over the fried onions or fennel.

13. Roasted Skin-on potatoes.

Potatoes 35 decagrams

Simply bake the potatoes in the oven with their skin on and serve.

III.

Vegetables.

1. Autumn turnips.

1 serving Metricweight

Turnips raw	14	decagrams
Lard	1.32	"
Salt	2.2	grams
Flour	4.4	"

Cut the turnips into small cubes, brown them in hot lard, and sprinkle with flour. Add hot water using a ladle and cook slowly, covered, for about a quarter of an hour.

2. Endives as a vegetable side dish.

Endives	17.5	decagrams
Lard	2.	"
Salt	3.8	grams
Flour	8.8	"

Boil the endive in water until tender, then drain the water and squeeze the endive well to remove water. Make a white butter sauce as in 'Potatoes in white butter sauce', place the endive in it, and simmer for another quarter of an hour.

3. Savoy cabbage.

Savoy cabbage		
cleaned	21	decagrams
Lard	2	"
Salt	3.8	grams
Flour	4.4	"

Cut each savoy cabbage head crosswise into 4 pieces, boil in water until tender, drain, and set the water aside. Then heat the lard until hot, fry some sliced onions in it until golden, put the dried savoy cabbage in, and simmer covered for a while. Then sprinkle the savoy cabbage with flour, stir well, and, little by little, add the water you poured off and set aside earlier. The savoy cabbage can then be simmered gently for another quarter of an hour.

4. Dried green bean pods

1 serving Metricweight

Dried pods	2 decagrams
Lard	2 "
Salt	2.5 grams
Flour	4.4 „

Place the beans in cold water before cooking, the water should be well above the beans in the pot. Then cook the beans, covered, at high temperature for 2 hours. When the water boils and no longer reaches above the beans, add more water until it does. Then fry the flour and onion in the lard until golden, mix smoothly with the cooked green beans and cook for another 1/4 hour.

To prepare dried green beans, we need to select only the tender pods, trim off the stems (with a special French bean cutter), put them in boiling water and let them boil for a short time. Then let the beans drain, spread them out on a baking sheet and dry them in the oven after baking the bread in it.

5. Swedes (Carrots).

Carrots	15.75	decagrams
Lard	1.32	"
Salt	2.2	grams
Flour	4.4	"

Prepared in exactly the same way as the autumn turnips in recipe number 1.

6. Stewed cabbage.

Cabbage	24.5	decagrams
Lard	2.45	"
Salt	2.2	grams
Flour	6.6	„
Vinegar	8.8	"

Cut the cabbage into long thin slices, mix with salt, caraway, and vinegar and leave to stand for 1 hour. Then put the cabbage in hot lard, simmer until soft, sprinkle with flour, then pour over hot water. A few tablespoons of sour cream can also be added. It is a good idea to add the liquid only using ladle, and to let the cabbage simmer in each full ladle of liquid separately.

7. Kohlrabi.

1 serving Metricweight

Kohlrabi

cleaned 17.5 decagrams

Lard 2 „

Salt 3.3 grams

Flour x 4 „

Peel and thinly slice the kohlrabi (using the leaves is optional). When the kohlrabi has softened, pour it into a sieve, and set the drained water aside. Meanwhile, fry the flour in the lard until slightly golden, pour in the water you set aside earlier, and simmer the kohlrabi in the roux for another quarter of an hour.

8. Pickled turnips

Pickled turnips

harvested 10.5 decagrams

Lard 1.1 „

Salt 1.4 grams

Flour 2.5 "

Cook the turnips in salted water until soft. Then fry the flour in the lard until light brown and stir smooth into the turnips, then cook the mixture a little more before serving.

9. Spinach.

Spinach 21 decagrams

Lard 2.2 „

Salt 3.8 grams

Flour 4.4 „

Once the spinach is cooked until soft, and then cooled with fresh water, squeeze and drain the water still in it firmly between your hands, and then chop the spinach quite finely. Fry the onion in the hot butter until light brown, add the flour, and pour over the water in which the spinach was cooked. Add the spinach and stew in the roux for 15 minutes.

10. Cauliflower.

Cauliflower

cleaned 24.5 decagrams

Lard	2.2 „
Salt	3.8 "
Flour	8.8 "

Place the cauliflower in boiling water and cook until the stems are soft, but not so soft that the florets fall off. Place the cooked cauliflower on a heated plate and spread it out neatly. Then fry the flour in the hot lard until it is a light golden colour, and mix it smoothly with the water in which the cauliflower was cooked. Cook for a little longer and then pour over the cauliflower, which must be completely covered with the sauce.

11. Sauerkraut.

1 serving Metricweight

Sauerkraut	14 decagrams
Lard	2.2 „
Salz	1.5 grams
Flour	4.4 „

Cook the sauerkraut in a little water until tender, heat the lard until hot, fry the flour in it briefly, and then mix it smoothly with the cabbage, then simmer for a little longer.

12. Black salsify.

Black salsify

cleaned	15.75 decagrams
Lard	1.75 "
Salt	3.8 grams
Flour	6.6 "

Scrape the black peel off the salsify and soak it in water to which a little vinegar has been added. Then cut the salsify into strips, and cut these into noodles. Wash the salsify in clean water, then boil it in salted water until tender. Fry the flour in the hot lard until lightly golden, mix smooth with the cold water, and then add the hot water and cook a little more with the black salsify. If desired, you can also add a little lemon juice to the sauce.

13. Horseradish sauce

Horseradish	2.68 decagrams
Lard	1.1 „
Salt	1.1 grams

Bread roll 2.68 decagrams

Sour

cream 0.44 decilitres

Fry the breadcrumbs in butter, then cover with water, herbal broth, or tomato extract and boil well. Add the grated horseradish and sour cream, or a little vinegar, mix well and serve.

14. Broccoli.

(Asparagus cauliflower) available on the market in Trieste from mid-February to mid-April.

1 serving Metricweight

Broccoli

cleaned 21 decagrams

Lard 2.2 "

Salt 3.8 grams

Flour 8.8 "

Cook the broccoli until tender, fry the flour in the fat, add a few finely chopped onions, cover the roux with cold water as usual, then add to the broccoli and leave to thicken.

15. Green beans.

Beans 21 decagrams

Lard 2 "

Salt 2.5 grams

Flour 4.4 "

Briefly steam the beans, then drain and rinse them with cold water. Heat the butter, fry the onion and flour until golden, then pour in cold and warm water, season with salt, and add the beans and finely chopped parsley. Cook for about 60 minutes until the beans are cooked tender.

16. a) Green peas.

Peas

shelled 15.75 decagrams

(unshelled) (35.- ")

Lard 1.32 "

Salt 2.2 grams

Flour 4.4 „

It takes about 35 decagrams of peas in pods to make 1 serving of shelled peas. Boil the pea pods in enough water until they are nicely softened. Save the water and use later. Heat the lard until hot, fry the finely chopped onion in it until nicely browned, add the peas and simmer covered until they are half soft, stirring frequently. Then add the finely chopped parsley, salt and flour to the peas. Then add the water in which the pods were cooked, a ladle at a time, and leave the peas to cook over a low heat until they are very soft.

16. b) Mangetout.

1 serving Metricweight

Mangetout 27 decagrams

Lard 2.68 „

Salt 3.8 grams

Cut the ends off the pods, boil them in salted water, then move the drained pods to a saucepan in which parsley has been fried in lard, then stir and serve.

16. c) Rice and green peas.

Shelled

peas 8.75 decagrams

Lard 2.8 "

Rice 3.75

Salt 3.8 grams

An extremely popular dish among Italians. Finely chop the onion and parsley and fry them in the fat, add the green peas and simmer, then cook for a quarter of an hour with the rice and the necessary broth in which the pea shells were cooked.

17. Lettuce.

Lettuce 30.5 decagrams

Lard 2.68 "

Salt 3.8 grams

Flour 8.8 "

After cooking it in water until soft, drain the lettuce in a sieve, then heat the lard until it is hot. Fry the flour and finely chopped onion in the lard until lightly golden, then pour in the water and simmer

the lettuce in it just a little longer. To make it even tastier, prepare a broth of soup vegetables and herbs beforehand, and pour it over the fried flour.

18. Chard.

A leafy vegetable similar to the mangel beet, but without a tuberous root.

Chard

cleaned 35 decagrams

Lard 2.8 "

Salt 3.8 grams

Flour 8.8 „

Clean the chard. First remove the leaves, then peel the stems. Cook the cleaned stems until soft, then chop them coarsely and proceed in the same way as with spinach. Add a little vinegar or lemon juice before serving.

19. Courgette and pumpkin.

1 serving Metricweight

Courgettes 35 decagrams

Lard 2.8 „

Salt 3.8 grams

Flour 8.8 "

Peel the courgette and cut it into cubes or slices, then salt it and leave it to stand for a few hours. Then put it in hot lard and simmer uncovered, stirring constantly, until it starts to brown, then add a little finely chopped parsley and caraway and, before serving, a few spoonfuls of sour cream.

20. Cabbage.

Cabbage 21 decagrams

Lard 2 "

Salt 3.8 grams

Flour 8.8 "

Cut the small, firm heads into 4 parts, tear the leaf pieces from the stems, and boil the cabbage for a while. Then drain and discard the water, and pour cold water over the cabbage. Drain the cabbage, put it in hot lard and simmer until tender, then add the usual butter sauce with caraway seeds, and cook covered over a moderate heat for a little longer.

21. Cucumbers.

Cucumbers

raw	31.5 decagrams
Lard	2 „
Salt	3.8 grams
Flour	4.4 „
Sour cream	0.4 decilitres

Peel the cucumbers, then cut them lengthwise into 4 pieces, and then into inch-wide pieces. Brown them in hot lard with salt. Finally, stir in the flour and a little sour cream.

*) An Italian species of early courgette.

IV.

Salads.

To a certain extent, of course, all cooking recipes are relative, and a matter of individual taste. This is especially true of salads in terms of their oil/vinegar ratio. On average, an Italian adds much more oil to his salad than vinegar, while a German does the opposite. This may be to save on expensive oil, but the inverse relationship would be more natural, since a person in a warmer climate needs more stimulating acid, whereas in colder Germany he needs more fat. From a general health point of view, the Italian is definitely the one who prepares his salad more correctly. With the salad compositions listed below, we therefore do not want to give an absolutely correct ratio, but only an approximate ratio, because everything also depends very much on the acidity level of the vinegar used. It is sufficient for us to encourage honourable ladies to find the right balance of weights. In particular, to wake their interest to weigh their ingredients, with weight becoming the most reliable in every respect. Salt, oil and vinegar or lemon juice can easily be weighed in a jar on a practical scale. We recommend that, before pouring and mixing the salad ingredients, these mixtures are well whisked in a cup with a beating whisk until they reach a gelatinous consistency.

1. Potato salad.

1 serving Metricweight

Potatoes

raw	24.50 decagrams
Oil	1.97 "
Salt	2.2 grams

Vinegar 1.75 "

or 1/2 of a small lemon

2. Coleslaw.

1 serving Metricweight

Cleaned cabbage 14 decagrams

Oil 2.2 „

Vinegar 1.54 „

or 1/2 of a small lemon

Salt 2.2 grams

Finely chop the raw cabbage, mix it well with salt, squeeze it a little, let it stand for 1 to 2 hours to soften it, and then immediately prepare the salad.

3. Swede salad.

Swedes 17.6 decagrams

Oil 1.54 „

Vinegar 1.41 "

or 1/2 of a big lemon.

Salt 1.1 grams

Grate the swedes and cook until soft, along with various soup vegetables and 3g of salt per serving, then slice it thinly and immediately prepare the salad, which is then left to stand, covered, until it has cooled completely.

4. Kohlrabi salad.

Kohlrabi

cleaned 17.5 decagrams

Oil 1.54 "

Vinegar 1.2 "

or 1/2 of a lemon.

Salt 1.1 grams

Peel the kohlrabi, slice it thinly and cook it in water to which 2.8g of salt per serving has been added. When the kohlrabi is cooked, it is immediately used to make a salad, which is served only when it has cooled completely.

5. Green bean salad.

Pods 17.5 decagrams

Oil 1.82 „

Vinegar 1.2 „

or 1/2 of a lemon.

Salt 1.1 grams

Cut the pods diagonally into half finger-length pieces, cook until soft in water salted with 3 grams of salt per serving, then drain, leave to cool, and add the finely chopped parsley.

6. Head lettuce.

1 serving Metricweight

Head lettuce 10.5 decagrams

Oil 2 "

Vinegar 1.32 „

or 1/3 of a lemon.

Salt 1.7 grams

Wash the lettuce well in water, refreshing the water several times, then shake it in a kitchen towel and swirl it around to drain the water. Finely chopped chives are a perfect accompaniment to this salad.

7. Beetroot salad.

(Red beets.)

Red beets

peeled 17.5 decagrams

Oil 1.54 "

Vinegar 1.57 "

or 3/4 of a lemon.

Salt 3.8 grams

Wash the red beets, cook them until soft, and then cut into thin slices. Place them in a saucepan, and add caraway seeds, salt, and vinegar. Let it rest for at least 1 day before using it.

8. Bean salad.

Bean seed 10.5 decagrams
Oil 1.97 "
Vinegar 1.75 decagrams

or 1/2 of a small lemon.

Salt 2.2 grams

Small white beans are best to use. Cook the beans until soft and then drain them, before letting them cool and preparing them with finely chopped parsley.

9. Cauliflower salad.

Cauliflower
cleaned 21 decagrams
Oil 2.20 "
Vinegar 1.54 "

or 1/2 of a big lemon.

Salt 1.1 grams

Leave the cauliflower to cool in water salted with 3.5g of salt per serving, and in which it was cooked, then carefully move it to a bowl and, shortly before serving, pour the vinegar, oil and salt (whisked with a wooden fork) over it. You can also mix beaten hard-boiled egg yolks and parsley into the sauce.

10. Celery salad.

1 serving Metricweight

Celery root
tuber 14 decagrams
Oil 1.82 ,,
Vinegar 1.22 "

or 1/2 of a small lemon.

Salt x 2 grams

Boil the tubers in water salted with 3g of salt per serving until soft, then slice thinly and prepare with oil and vinegar. They can also be mixed with lettuce and eggs.

11. Watercress salad.

Watercress	10.5	decagrams
Oil	2	„
Vinegar	1.82	„

or 1/2 of a small lemon.

Salt	2.2	grams
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It can be prepared on its own or mixed with potatoes, celery and eggs.

12. Mixed salad.

Most salads can be made very tasty with potatoes as a so-called mixed salad, which also makes them healthier as it helps us to chew them better. Understandably, in this case, only a 1/2 serving of each ingredient is taken. Celery with endive, or celery with watercress in winter, etc. are also very good combinations.

13. Apple horseradish sauce.

Apples grated	5.25	decagrams
Horseradish	2.62	„
Sugar	4.4	grams
Oil	8.8	„
Vinegar	4.4	„
Salt	1.7	„

Stew a few dessert apples or “Maschanzker” apples with their skin on, press them through a sieve, then mix with sugar, vinegar, oil and finely grated horseradish. You can also use fresh grated apples, which is even more refreshing, or replace the regular vinegar with raspberry vinegar.

V.

Pastries.

1. Water spaetzle with cheese

1 serving Metricweight

Flour 7.9 decagrams
Lard 1.82 "
Salt 2.2 grams
Eggs 0.75 pcs

Mix the flour and salt with cold water to form a thick soft dough, then add the eggs and knead well. Place the dough on a board and scrape it into the boiling salted water with the back of a knife, but not too much at a time, so that the slices have enough room in the water. Let them boil for just a short time, then put them on a plate with a skimmer, and sprinkle them with finely chopped onions fried in lard, and with grated cheese.

2. Pancakes.

Flour 7 decagrams
Lard 2.86 „
Salt 2.5 grams
Milk 0.88 decilitres
Eggs 1.5 pcs

Mix the flour lightly with the milk, season with salt, then mix in the eggs one at a time, and add the rest of the milk. Then heat half a serving of lard in a shallow frying pan until hot, and pour in about a half serving of dough, let it cover the bottom of the pan and cook over a low heat until the pancake is nicely yellow on the bottom. Then turn it over with a kitchen spatula and cook the other side.

3. Semolina porridge.

Semolina 6.12 decagrams
Lard 6.6 grams
Salt 2.2 „
Milk 5.5 decilitres

It is best to put the milk on the stove in an earthenware pot. Once the milk starts to boil, slowly sprinkle the semolina into it, stirring constantly, until the semolina comes to the boil. Continue stirring until the porridge stops bubbling, then cook over a low heat for a further three quarters of an hour.

4. Nut strudel.

1 serving Metricweight

Flour 6.12 decagrams

Lard			
with coating	2.2	„	
Nut kernels	3.5	„	
Salt	1.1	grams	
Eggs	0.66	pcs	

Add the egg white, salt, and lukewarm water to the flour and mix to form a soft dough. When the dough starts to come away from the board and your hands, knead it until bubbles form. Cover the dough with a warm, preheated ceramic bowl, and leave to rest for half an hour. Spread a cloth on the table and flour it. First roll out the dough a little, then roll it out until thin. Cut off any edge which is not thinly stretched enough. Whisk the egg and butter into a foamy mixture, then spread it on the rolled out dough. Sprinkle with finely chopped walnuts. Roll the dough, place it in a buttered baking tray, and bake it in the oven. If desired, honey and cinnamon may be added. The baking tray must be coated with a small amount of lard before the dough is placed in it.

5. Plain doughnuts.

Flour		8.75	decagrams
Lard	x	8	grams
Salt	1.8	"	
Sugar		6	„
Fresh yeast		3.5	„
Milk		0.6	decilitres
Eggs		0.5	pcs

To make the recipe easier to understand, we present it in a weight ratio that makes 3 good servings. Sift 28 decagrams of heated finest flour into a bowl, season it with more than $\frac{1}{4}$ of salt, make a hole in the centre of the flour, and stir in the yeast dissolved in the warm milk. Put it in a warm place and leave to rise. Then whisk $\frac{1}{1}$ jug of milk with 1 whole egg and one egg yolk, and mix this lightly with the flour. Stir in 2.68 decagrams of the melted lard and then knead until the dough separates from a kitchen spatula. Now cover the dough with a kitchen towel and put in a warm place to rise. When the dough has risen, place it on a floured rolling board, and flatten it with a floured hand until it is less than a finger thick. Then cut out pieces with a 6-centimetre doughnut mould. Put these cut pieces of dough, covered with a kitchen towel, in a warm place to rise again. Then heat the lard (about 3 centimetres deep) until it is hot, place the well-risen pieces of cut-out dough in it so that they are not touching, and cover the dish until the lard starts to sizzle, at which point the doughnuts must be turned over, but the dish must not be covered again. When the doughnuts are cooked, place them on blotting paper in a sieve. Then sprinkle them with sugar and serve in a bowl lined with a kitchen towel.

6. Potato cones.

1 serving Metricweight

Potatoes

boiled 21 decagrams

Flour 6.12 "

Lard 2.62 "

Salt 3.8 grams

Eggs 0.8 "

Peel the raw potatoes and boil them in salted water until tender, then press them through a sieve. Mix the potatoes with the flour, salt and eggs to form a dough, then cut the dough into large pieces. Hand-roll the pieces on a floured board until they are less than a finger's length thick. Cook them in salted water, then fry them hot lard until lightly golden. If you prefer, instead of frying them, you can sprinkle them with onions or breadcrumbs that have been fried in lard until golden.

7. Macaroni.

Macaroni 8.75 decagrams

Lard 2.2 "

Salt 5.5 grams.

Real Napolitan macaroni is renowned as the best. Put it in boiling salted water, let it boil for a short time so that it is beautifully soft but does not fall apart. Then place it on a warm, deep plate and cover it with hot lard (perhaps with a few onions fried in it), and stir it to distribute the lard and onions evenly. The macaroni must be cooked at the exact time for lunch, so serve it as soon as it is cooked, as it will soon lose its pleasant flavour if left to stand. If desired, sprinkle grated Parmesan cheese on the plate.

8. Shredded flour pancakes.

1 serving Metricweight

Flour 7.88 decagrams

Lard 2.68 "

Salt 2.5 grams

Milk 0.88 decilitres

Eggs 0.66

Mix the flour and salt smoothly with the milk, add the eggs, pour the mixture into the hot lard, and place the dish in the oven. When the pancake is browned on the bottom, place it on the stove. Turn the pancake over with a kitchen spatula and brown it on the other side, then tear it into small pieces with a fork.

9. Spinach strudel.

Spinach	10.5	decagrams
Flour	6.12	"
Lard also		
for coating	1.75	"
Salt	3.8	grams
Bread roll	8.8	„
Sour cream	0.44	decilitres
Eggs	0.5	

Make the usual strudel dough (see No 4) and, while the dough is resting, finely chop the spinach and mix it with the milk, flour and eggs. Spread the mixture on the rolled out dough, roll it up, form it into a semi-circular shape, and tie it in a kitchen towel. Boil in salted water, cut into finger-thick diagonal slices, and sprinkle with breadcrumbs which have been fried until golden in lard.

10. Rice pudding.

Rice	6.12	decagrams
Lard	1.54	„
Salt	1.5	grams
Milk	4	decilitres

Stir the rice into the simmering milk and cook for 3/4 hour. A quarter of an hour before serving, heat the lard until it is hot and add it to the rice. Do not add the salt until just before serving, as it will otherwise break down the milk. If you want the rice pudding to be thinner, use 7 decilitres of milk for every 7 decagrams of rice. If the milk is very fatty, even just 8.8g of lard for one serving of rice may be sufficient.

11. Fluffy yeast dumplings

1 serving Metricweight

Flour	7.88	decagrams
Lard		
for coating	2	„
Lard		
in dough	6.6	grams

Salt 2.2 "

Eggs 0.75 pcs

Fresh yeast 3 grams

Make the dough as for doughnuts, let it rise a little in a bowl, then shape the dough into round loaves the size of regular buns. Place these on a floured board, cover with a kitchen towel, and let them rise again in a warm place. Then cook each dumpling separately in boiling salted water in a covered pan and turn over when they are half cooked. To check whether a dumpling is cooked, poke it with a pointed wooden stick or straw. If there is no dough on the stick when you pull it out, the dumpling is cooked. Place the spinach on a board, tear it into walnut-sized pieces with a fork, place them in a heated bowl, and pour the hot lard over them.

12. Semolina pudding.

Semolina 5.25 decagrams

Almonds
or Nuts 1.75 "

Lard 8.8 grams

Raisins 8.8 „

Salt 1.1 "

Sugar 4.4 „

Milk 1.75 decilitres

Gelatine 2.2g for 8 persons.

Boil the semolina in the milk with the lard and sugar until it thickens, then stir in the salt and remove from the heat. Stir in the finely crushed almonds and the cleaned raisins. Rinse a baking tray (mould) with fresh water, place the mixture in it, and press the mixture firmly. Once cooled, turn the pudding onto a plate. Adding a little gelatine (isinglass), about 2.2g for 8 people, will make the pudding even prettier to look at, as well as smoother and easier to cut.

13. Cheese strudel.

1 serving Metricweight

Flour 7.88 decagrams

Lard 1.75 "

Parmesan
Cheese 1.75 "

Salt 2.2 grams

Fresh yeast	3	„
Milk	1.2	decilitres
Sour cream	0.88	„
Eggs	0.75	pcs

Spread the following filling on thinly rolled out dough, prepared as for doughnuts with about half or 5/8 of the lard. Mix about a quarter of the lard, whisk in each egg yolk separately, whip the egg whites until stiff, mix them into the mixture, add the grated Parmesan cheese, and finally fold in the sour cream. Roll up the strudel, form it into a semi-circular shape, place it in a well-greased baking tray well greased with about one-eighth of the lard, and bake it in a hot oven. About 10 minutes before the strudel is baked, pour half of the hot milk over it.

14. Cake from milk spaetzle.

Flour	7.88	decagrams
Lard	2	„
Salt	2.2	grams
Milk	0.88	decilitres
Eggs	1.25	pcs

Mix the flour lightly with the cold milk, then whisk in the eggs and salt. The dough should always be just thick enough to pass through a sieve with larger holes. Fill a sieve with the dough and press it into boiling water salted with the same amount of salt as was added to the dough. As soon as the dumplings float to the surface, heat the lard in a shallow frying pan until hot, and fry the dumplings on one side until golden, in order to form a finger-thick cake. Invert the cake onto a plate – Some people like to sprinkle this dish with grated Parmesan cheese.

15. Polenta with sauce.

Cornmeal	8.75	decagrams
Lard	1.1	„
Salt	2.2	grams

Stir the cornmeal into salted boiling water, then poke a hole through the mixture with a spoon to bring the water to the boil. Simmer for 10 minutes, then stir the mixture with a spoon to form a thick gruel, and leave it to stand at a moderate temperature for a quarter of an hour. Place the polenta on a wooden plate like a loaf and use string to cut it into finger-thick slices. Place the slices on a plate and cover them with hot lard. Eat with Parmesan cheese, tomato or fruit sauce, if desired. Real Italian polenta is simmered in a low frying pan until it has a light brown crust on the underside, but you don't eat the crust.

16. Baked mousse.

1 serving Metricweight

Flour	2.21	decagrams
Lard x	1.9	"
Salt	1.6	grams
Milk	2.66	decilitres
Eggs	1.75	pcs

Mix the flour with the milk and eggs. Heat the lard in a shallow baking tray until hot and bake the mixture in a hot oven.

17. Fried bread slices.

Bread roll or		
homemade bread	4.88	decagrams
Flour	4.87	"
Salt	1.1	grams
Milk	0.44	"
Eggs	1.25	pcs

Slice the bread rolls into slices about half a finger thick, then make the dough for the pancakes (see No 8) using flour, milk and eggs. Dip the bread roll slices in the dough, and fry them floating in the lard.

18. Ribbon noodles.

Flour	7	decagrams
Lard	2.4	"
Salt	2.7	grams
Eggs	1	pcs

Knead the flour, eggs and fine salt into a firm dough, working it until it is full of small holes when cut. Then shape the dough into egg-sized loaves and cover them. Roll them out one by one, place them on a tablecloth, and leave them to dry. Then roll them up, cut them into slices as wide as you like with a sharp knife, and boil them in salted water until soft (2,2 grams of salt per serving). Place the cooked noodles on a plate and sprinkle them with onion or breadcrumbs fried in lard. In many places, it is customary to sprinkle the noodles with Parmesan cheese before eating.

19. Shredded bread roll pancakes.

1 serving Metricweight

Bread roll	7.88	decagrams
Lard	2.85	„
Salt	1.6	grams
Milk	0.7	decilitres
Eggs	1 ½	pcs

Cut the bread rolls into small cubes, then whisk the milk with the eggs and salt, and pour over the bread cubes. Leave to stand for an hour, then fry the mixture in hot fat in a shallow frying pan, and break into small pieces with a kitchen spatula.

20. Poppy seed strudel.

Flour	6.13	decagrams
Poppy seeds	x	2.35 "
Lard	1.53	"
Salt	0.9	"
Fresh yeast	2	
Milk	x	0.8 decilitres
Egg	0.75	pcs

Mix the flour, milk, salt, egg, butter and yeast in a bowl, and knead until bubbles form. Then put it in a warm bowl and leave it to rise. Roll out the risen dough and add the following filling: To make the filling, crush the poppy seeds and boil them in milk. Then whisk the butter and egg into a foamy mixture, stir in the cooked poppy seeds a teaspoon at a time, and finally sweeten if desired. Roll the filling into the dough in a roll, and then into a slug shape, and place it on a greased baking tray. Leave in a warm place to rise again. Preheat the oven and bake.

21. Pommes dauphine.

Flour	6.57	decagrams
Raw potatoes	8.75	"
Fresh yeast	2.2	grams
Salt	3.3	"
Egg	0.67	pcs
Milk	0.6	decilitres

Bake the potatoes in the oven, mash them when lukewarm, and salt them a little. Then make a soft dough with the flour, eggs, milk, remaining salt, and fresh yeast, but without the lard (as for the doughnuts described above), and continue as for the doughnut recipe.

22. Flour and water porridge.

1 serving Metricweight

Flour

finest 3.8 decagrams

Lard 6.6 grams

Salt 1.5 "

Milk 5.31 decilitres

Stir the flour lightly into the milk until no lumps remain. Place the remaining milk in a clay pot on the stove and, when it is almost boiling, slowly pour the milk-flour mixture into the milk, stirring constantly until the milk comes to the boil again, then stir in the lard. Cook this porridge on a very low heat for 1 hour and salt it just before serving.

23. Cottage cheese pockets.

Flour 7.88 decagrams

Cottage cheese 7 "

Lard 2.2 "

Salt + 1.5 grams

Bread roll 6.6 "

Sour

cream 0.44 decilitres

Egg 0.5 pcs

Whisk the eggs with the water and salt in a bowl, and add the flour to form a soft, loose dough. On a floured board work the dough as for a strudel, shaped into a sausage and then cut into slices. Roll out each slice of dough lengthways and fill with grated cottage cheese, parsley, fried breadcrumbs and a little sour cream. Place a tablespoonful of this filling in the middle of the rolled-out dough slice, cover with the dough and pinch the dough at the edge. These filled pockets are cooked in salted water and then coated with breadcrumbs covered with hot butter.

24. Corn soufflé

1 serving Metricweight

Corn flour	6.13 decagrams
Potatoes	8.75 "
Lard	2.88 "
Salt	2.5 grams
Milk sour	
or sweet	1.77 decilitres
Eggs	1 pcs

Add the corn flour, salt, egg, boiled and grated potatoes and 2/3 of the melted butter to the milk. Mix well. Pour the mixture about a finger and a half thick into a baking tin coated with the remaining butter, and bake in the oven until golden.

25. Cheese soufflé.

Flour	3.07 decagrams
Lard	1.75 "
Salt	1.6 grams
Parmesan	
cheese	1.75 decagrams
Milch	2.66 decilitres
Eggs	2 pcs

Lightly fry the flour in the lard, pour in the milk, add the grated Parmesan cheese, and stir gently. When the mixture has cooled, then add the egg yolks, stir in the whisked egg whites and bake in the oven.

26. Yeast pancakes (Homemade pancakes)

Flour	7	decagrams
Lard	2.86	"
Salt	2.5	grams
Fresh yeast	2.2	„
Milk	1	decilitres
Eggs	1.5	pcs
Sour cream	0.35	decilitres

Mix the lard with the egg yolks, add the sour cream, salt, and a little sugar, then add the yeast (raw) dissolved in the milk, flour, and a few drops of lemon juice. When this is really well mixed, add the whisked egg whites. Leave to rise in a warm place, and then bake as small cakes in a shallow pan, brushing them with jam if desired.

27. Set rice pudding.

1 serving Metricweight

Rice	5.25	decagrams
Almonds or		
Nuts	1.75	"
Lard	8.8	grams
Raisins	8.8	"
Salt	1.5	"
Sugar	4.4	"
Milk	2.66	decilitres

Cook the rice and the lard in the milk to a thick porridge with the finely crushed almonds, raisins and sugar. Then rinse the baking tray with fresh water, put the hot rice in it, pat it down and put it in a cool place. When the rice pudding has cooled completely, turn it out onto a plate.

28. Potato strudel.

Potatoes

raw	21	decagrams
Flour	5.25	"
Lard	1.32	"
Salt	3.8	grams
Milk	0.71	decilitres
Eggs	1	pcs
Sour cream	0.44	decilitres

Mix the lard with the eggs until fluffy, stir in the boiled grated potatoes, then roll it out into a dough. Spread the whisked egg whites and sour cream over the rolled out dough. Roll up, form into a slug shape, place on a baking tray and bake in the oven. If you don't have sour cream, you can use 8.8g more lard for each serving.

29. Elderberry pockets.

Flour	5.25	decagrams
Salt	1.7	grams
Milk	0.6	decilitres
Eggs	0.5	pcs

Elderflowers, as many as you can soak in the dough.

Prepare the dough as for the shredded pancakes (No. 8.) and dip the elderflowers, singly or in small bunches, in the dough, roll them well in the dough and bake immediately in hot lard. Sage leaves or fine chard leaves can also be baked in this way.

30. Bread dumplings.

1 serving Metricweight

Fresh bread rolls	3.5	decagrams
Flour	6.12	"
Lard x	2	"
Salt	1.75	grams
Milk	0.45	decilitres
Eggs	0.6	pcs

Cut the bread rolls into small cubes and fry them in about one-third of the lard until golden, then prepare the dough for shredded pancakes (No 8) and mix in the bread rolls, including finely chopped parsley or chives. Form the mixture into dumplings, cook them in salted water, and cover with the remaining lard. For the salt water, take approximately the amount of salt provided in the ingredients.

31. Choux pastries.

Flour	6.12	decagrams
Lard	2	"
Salt	1.5	grams
Sugar	4.4	"
Eggs	1.5	pcs.

Place the flour in boiling sweetened water and stir on the stove, as quickly as possible to prevent lumps forming. Then move the dough to a bowl and leave to cool. Mix in the eggs one by one, spoon the mixture into a small greased tin, and bake in the oven at a high temperature.

32. Spinach pancakes.

Spinach	14	decagrams
Flour	2.63	"
Lard	2	"
Salt	3	grams
Sour cream		
or sweet	0.44	decilitres
Eggs	1 1/4	pcs

Prepare the spinach as described in No 9 in the section on vegetables, then mix it with the eggs, milk and flour. Heat the lard in a flat pan, then bake the cake in the pan at a not-too-high temperature in the oven.

33. Waffles with sour cream

1 serving Metricweight

Flour	7	decagrams
Salt	2.2	grams.
Sugar	4.4	
Eggs	1	pcs
Milk	0.85	decilitres
Sour cream	0.85	"

Mix the butter until foamy, fold each egg yolk smoothly into the butter, then whisk the egg whites and fold them in as well. Next, gently fold in the flour, and finally, add the sour cream, a tablespoon at a time. The mixture should have the consistency of a thicker shredded pancake dough. Preheat a waffle iron, grease with bacon rind, and pour a spoonful of the mixture into each compartment of the waffle iron. Cook at a high temperature on both sides until golden brown.

34. Swiss sweet dumplings.

Flour	7	decagrams
Salt	1.1	grams
Fresh yeast	1.1	"
Lard	1.75	decagrams
Eggs	0.75	pcs
Milk	0.7	decilitres

Make the yeast dough as for doughnuts, let it rise a little in a bowl, then shape the dough into round loaves about the size of buns. Place these in a well-buttered baking tray, and let them rise again in a warm place until the tray is almost full, then bake them in the oven, turn them out onto a plate, and serve.

35. Sweet fritters.

The risen dough for the doughnuts (see Nos 5 and 21) is simply spooned out in the size and shape of a medium hen's egg and baked immediately in hot lard. If you are not going to eat compote with it, it is a very good idea to mix some raisins or sultanas into the dough (about 1.1 decagram per serving).

36. Rice dumplings.

Rice	5.25 decagrams
Flour	1 ¼ "
Lard	2.41 "
Bread roll	2.2 grams
Salt	3.3 „
Eggs	0.75 pcs

Boil the rice in salted water with a variety of soup vegetables, then stir in the bread rolls, golden-fried in lard, and put everything in a bowl to cool. Then mix the flour and eggs into the mixture, form dumplings, and cook them in lightly salted water until they float to the surface. Move them to a warm bowl and pour the remaining hot lard over them.

37. Cream strudel.

1 serving Metricweight

Flour	7 decagrams
Lard	2
Salt	3.3 grams
Raisins	8.8 "
Almonds	1.75 decagrams
Sour cream or sweet	0.88 decilitres
Eggs	1 pcs

On rolled out strudel dough (see nut strudel under No. 4.) spread the following filling: Whisk the lard, add the egg yolks one at a time, whisk the egg whites until stiff, then add the sour cream, and finally the finely crushed almonds. You can also add some grapes and raisins. Continue as for the nut strudel.

38. Semolina dumplings.

Semolina	5.25	decagrams
Lard	1.58	"
Salt	1.7	grams
Milk	2.64	decilitres

Bring the milk to the boil with a little lard and salt, then add the semolina, stirring constantly, until you have a thick porridge. Cook until it separates from the pan, then remove from the stove, spoon out the semolina dumplings, and arrange them neatly on a hot plate. Fry the breadcrumbs in the lard until golden, and then sprinkle them over the dumplings.

39. Bread roll rösti with eggs.

Bread roll	6.12	decagrams
Lard	1.33	"
Salt	2.5	grams
Milk	0.88	decilitres
Eggs	2	pcs

Cut the bread rolls or homemade bread into thin slices and fry them in lard until golden, then whisk the eggs with the milk and salt, and pour them over the bread. Stir the mixture over the heat for a while until the eggs solidify, then serve hot.

40. Herbal spaetzle.

1 serving Metricweight

Flour	7	decagrams
Lard	2	"
Salt	2.2	grams
Milk	0.88	decilitres
Eggs	1.25	pcs
Herbs	1.75	decagrams

Take a handful of parsley, chives, mint and other fine herbs, a good handful of spinach, and one onion, and chop them all finely. Fry them lightly in hot lard and mix them into the usual dough for spaetzle (see milk spaetzle under No. 14). Then bring salted water to the boil and either spoon the dough into it, or pass it through a sieve with large holes, and into the water. Before serving, sprinkle them with fried breadcrumbs.

41. Buckwheat soufflé.

Buckwheat flour	4.38	decagrams
Potatoes		
peeled	8.75	"
Lard	1.83	"
Salt	2.5	grams
Milk	2.64	decilitres
Sour cream	0.44	"
Eggs	1	pcs

Whisk the buckwheat flour with the milk, cream, eggs, 2/3 of the lard, and salt. Peel, boil and mash the potatoes, and add them to the mixture. Pour the mixture finger-thick into a pan greased with the remaining lard, and then bake it in the oven at a high temperature.

42. Leavened doughnuts.

Flour	7	decagrams
Lard	x	8 grams
Salt	x	1.8 grams
Fresh yeast	3	"
Milk	0.44	decilitres
Eggs	0.5	pcs

Mix the flour, butter, eggs, salt and yeast with the milk until the dough is not too thick. Place the dough in a warm place to rise, then place it on a rolling board and shape it into small round loaves about the size of eggs, shaping them evenly with your hands, then fry them in hot lard until golden. The dough can also be rolled out finger-thick with a rolling pin. Then you can cut out small squares with a dough wheel and fry them in lard after letting them rise again.

43. Cornmeal porridge.

1 serving Metricweight

Corn flour	5.24 decagrams
Lard	8.8 „
Salt	1.4 grams
Milk	3.64 decilitres

Whisk the flour lightly with a little cold milk, then boil the remaining milk and pour the flour and milk mixture in. When the mixture comes to the boil, add hot lard and cook slowly for just half an hour. You can prepare porridge in the same way using graham flour or shredded wheat flour.

44. Potato dumplings.

Boiled potatoes	24.50 decagrams
Flour	3.50 "
Lard	2.2 "
Salt	3.3 grams
Eggs	0.5 pcs

Mix the lard with the egg yolks until foamy, then stir in the cooked grated potatoes, followed by the flour and salt. Then form the dough into dumplings and cook them in lightly salted water, again using about half the amount of salt provided. Cover the cooked dumplings with onions or breadcrumbs fried in hot lard.

45. Wasp's nest cake.

Flour	7.88 decagrams
Lard	2.2 „
Fresh yeast	3.5 grams
Salt	2.2 "
Eggs	0.75 pcs

Prepare the plain yeast dough (as for the doughnuts under No. 5). Roll out the dough about half a finger thick, cut it into rectangles, spread fruit sauce or a filling of walnuts, almonds or poppy seeds onto them, and then roll them into rolls. Place these upright in a round baking tray. Butter the rolls well, then leave them to rise again. Bake the risen rolls in the oven.

46. Cottage cheese strudel.

1 serving Metricweight

Cottage cheese	8.75	decagrams
Flour	6.12	"
Lard	2.2	"
Salt	1.1	grams
Sour cream	0.44	decilitres
Eggs	0.68	pcs

Spread the following filling on the rolled out strudel dough (see nut strudel under No. 4.): Lightly fry parsley or chervil in lard, add the cottage cheese, and mix everything with the eggs and sour cream. Spread the filling over the dough, roll it up, and cook it in salted water, wrapped in a kitchen towel. Once cooked, cut the strudel into slices, arrange them on a plate, and pour the hot lard over them.

47. Baked sage leaves.

See the instructions for elderberry pockets under No. 28.

48. Bayern doughnuts.

Flour	7	decagrams
Lard	x	8 grams
Salt	x	1.8 "
Milk	0.6	decilitres
Fresh yeast	3	grams.

Mix the sourdough for doughnuts with the grapes, then use a metal spoon to get small pieces of dough. Roll each one neatly on a floured board with the palm of your hand, cover them, and leave them to rise in a warm place. Before placing them in the hot lard, grip them in the middle with fingers dipped in lukewarm lard so that the middle is squashed thin (the edge must remain finger-thick). Then pour a spoonful of lard into the resulting cavity and fry the doughnuts in the hot lard.

VI.

Fruit pastries.

1. Apple strudel.

1 serving Metricweight

Apples

fresh	35	decagrams
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Sugar	0.88 „
Flour	7 "
Lard, also	
lard for the baking tin	1.76 grams
Salt	1.1 grams
Eggs	0.33 pcs
Milk or sour cream	0.44 decilitres

Drizzle the rolled-out strudel dough (see nut strudel at No 4 in the pastries section) with about 3/4 of the lard, sprinkle with thinly sliced apples, a small amount of breadcrumbs, and sugar. Roll it up, shape it into a slug, and bake it in a baking tray greased with the remaining lard.

2. Rice with apples.

Apples	
fresh	35 decagrams
Sugar	0.88 "
Rice	5.25 "
Lard	2.2 „
Salt	0.8 grams
Milk	2.65 decilitres
Eggs	0.75 pcs

Peel, halve, and core the apples, then cook them with very little water and sugar until half soft. The juice should be completely fermented. Remove the apples from the heat and leave to cool. Cook the rice thick like Italian rice pudding and, when it has cooled slightly, stir in the eggs. Grease the pan really well with about 1/3 of the lard, cover the bottom of the pan with half of the rice porridge, place the apples on top, and cover with the rest of the rice. Sprinkle with sugar and a little grated lard, and bake in the oven. The rice should have a nice yellow glaze on top.

3. Apple charlotte.

1 serving Metricweight

Apples	35 decagrams
Sugar	1.32 "
Bread roll	4.37 „
Lard	2.2 „

Cut the peeled sour apples into thin slices, grease a baking tray, and sprinkle the sugar over the lard in the tray. Cut the bread rolls into half-finger-thick slices and arrange them on the bottom of the tray, then place the apple slices on top, and sprinkle again with sugar and small pieces of lard. Then cover and bake in the oven until the apples are soft and the bread slices are nicely browned and glazed on the underside. The charlotte is then turned out onto a plate and served.

4. Shredded pancakes with apples

Apples	28 decagrams
Sugar	0.66 "
Flour	4 "
Salt	x 0.8 grams
Lard	3.07 decagrams
Sour cream or milk	0.44 decilitres
Eggs	1 pcs

Make shredded pancakes from flour, milk, salt, and eggs (see pastries No. 8). Add the apples finely sliced, and bake in a shallow pan in hot lard, on both sides, to form a yellow cake. Then, using a fork or a spoon, break the shredded pancakes into small pieces, stir them well, then fry them a little more.

5. Röstli with apples

Apples	38.5 decagrams
Sugar	1.32 „
Bread or bread roll	3.5 decagrams
Lard	2 „

Peel the apples, cut them into thin slices, and stew them in hot lard with the sugar until soft. Also thinly slice the bread and fry it in the lard until yellow, then mix the apples and bread together in the pan and serv immediately.

6. Apple cake.

1 serving Metricweight

Apples	31.5 decagrams
Sugar	0.88 "
Flour	7 "
Lard	1.54 "

Salt	1.1 grams
Fresh yeast	2.2 "
Eggs	0.5 pcs
Milk	0.8 decilitres

Prepare the yeast dough as for doughnuts, roll it out thinly on a baking tray, and line it with apple slices (1/4 of the apples). Sprinkle with sugar and small pieces of lard, and bake in the oven.

7. Apple crumpets with eggs.

Apples	42 decagrams
Sugar	2.2 „
Lard	1.53 "
Eggs	1.5 pcs
Sour cream	0.88 decilitres

Place the thin apple slices in a greased baking tray, sprinkle with sugar, cover, and cook in the oven until the apples are half soft. Uncover the tray, pour the eggs, whisked with sweet cream, over the apples, then place them back in the oven and bake them uncovered until golden.

8. Apple soufflé.

Apples	35 decagrams
Sugar	0.88 "
Cornflour	5.25 "
Salt	1.1 grams
Lard	2.2 decagrams
Raisins	0.88 "
Eggs	0.5 pcs
Milk	0.58 decilitres

Whisk the milk, cornflour, egg yolks and salt together well, add the sweetened, thinly sliced apples, whisk the egg whites, then gently fold them into the mixture. It's good to add a few raisins and grapes to the apples. Bake in a well-greased baking tray in a well-heated oven.

9. Bread roll slices with apples.

1 serving Metricweight

Apples	35 decagrams
Bread roll	5.25 „
Sugar	1.32 „
Egg white	0.5 Egg white
Lard	3.06 decagrams

These are approximate measures of the ingredients you will need for these slices.

Peel the apples and stew them with the sugar until thick, then add some lemon peel and raisins. When the apples have cooled, add the well-mixed egg whites, then spread the mixture on the bread roll slices, brush with more egg whites and bake in hot lard.

10. Apple porridge.

Apples	42	decagrams
Dried apples	5.25	„
Sugar	1.53	"
Flour	1.75	"
Lard	1.32	"
Milk	3.54	decilitres

Heat about 2/3 of the lard in a pan until it is hot, then stew the peeled and halved apples in it with a little water and sugar until thick. Allow it to brown nicely over a low heat, stirring constantly, then stir in the flour and dilute the mixture with milk. Cook the porridge on a low heat until the smell of flour disappears. Before serving, sprinkle the porridge with breadcrumbs fried in the remaining lard until yellow. You can also make a very good porridge from dried apples, if you follow the general procedure for making a compote from dried fruit.

11. Fried apple slices.

Apples		
cleaned	8.75	decagrams
Sugar	0.88	"
Flour	3	„
Eggs	0.5	pcs
Milk	x	0.4 decilitres
Lard	3.50	decagrams

Peel the sour apples and cut them into slices the thickness of the back of a knife blade. Mix the flour with the salt, milk and eggs to form a dough of a consistency suitable for shredded pancakes. Dip

each apple slice individually in the dough, place them in the hot lard so that they float in it, and then sprinkle them with sugar when they are cooked.

12. Double fried bread roll slices with plum powidl.

Prepare the mixture as for the bread slices and cut the bread rolls as thinly as possible. Fill the slices two at a time with plum powidl (thickly cooked plums), then dip them in the prepared pastry and bake them in hot lard.

13. Plum cake.

1 serving Metricweight

Fresh plums	28 decagrams	
Dried plums		6.13 "
Sugar	0.88 decagrams	
Flour	7 "	
Lard	1.53 "	
Salt	1.5 grams	
Eggs	0.5 pcs	
Milk	x	0.8 decilitres

If dried plums are used, they must be stewed with sugar the day before so that almost all the juice is absorbed, and so that the juice is also absorbed when cooling. For the rest, and if using fresh plums, the procedure is the same as for apple cake (see No. 6).

14. Plum strudel.

Fresh plums	28 decagrams	
Dried plums	7 "	
Sugar	1.32 decagrams	
Flour	7 "	
Salt	1.5 grams	
Lard	1.75 decagrams	
Eggs	0.33 pcs	
Milk	0.44 decilitres	

The plums must be stewed with sugar 1 day before, as described in No 13 above. For the rest, the procedure is the same as for apple strudel (see No. 1).

15. Plum rice.

Fresh plums	28 decagrams	
Dried plums		7 „
Sugar	1.32 decagrams	
Rice		5.25 "
Lard	2.2 "	
Salt	x 0.8 grams	
Eggs	0.75 pcs	
Milk	2.65 decilitres	

First cook the rice according to the recipe for rice pudding in No. 10 in the section on pastries, then follow the same procedure as in No 2.

16. Cherry cake.

The procedure is identical to that for the plum cake in No 13.

17. Cherry strudel.

The same procedure as for the plum strudel under No. 14.

18. Triet and fasting bread.

1 serving Metricweight

Bread roll	6.12 decagrams	
Sugar		1.32 „
Wine	1.77 decilitres	

Slice the potatoes thinly and lightly bake them, then place them side by side in a compote bowl. 1/2 hour before serving, cover the slices with the wine, which has been sweetened slightly to soften the slices. Then, just before serving, sprinkle the dish with a little crushed cinnamon, and pour over the rest of the wine, enough to ensure that not all of it is absorbed by the buns, and that some remains visible in the bowl. Or cut the bread rolls into cubes and fry them in 2.2 decagrams of lard per serving before pouring the wine over them. In this case, the dish is called fasting bread. Then add some raisins and sultanas.

Since wine is not absolutely excluded in natural treatments (see Schrott method of treatment), and since in general this cookbook is not intended for very ill patients, but only for the relatively ill (who

are still our so-called healthy people), we had no reservations about including this recipe as a possible light stimulant.

In exceptional cases, such as during celebrations, in times of fruit scarcity, or when the dessert goes wrong, and also after relatively too many fatty meals, this snack will be very welcome.

VII.

Fruit compotes.

Fruit preserves cooked with sugar, or stewed, are too sweet, too time-consuming, and too expensive for everyday consumption, and are generally not suitable for vegetarian cuisine. Good dried fruit, with a little sugar and a little wine, can be made into healthy, great-tasting compotes. The only exception is cranberries which, as we know, only remain tasty when pickled fresh.

However, to prepare dried fruit well you must follow some special rules, namely:

1. If possible, soak the fruit in fresh water for 24 hours before using it for cooking; pears and blueberries for up to 48 hours.
2. When the water in the cooking pot has boiled down to the point where the fruit sticks out a bit, you just add small servings of *hot* water using a ladle;
3. Cook it only in clay or porcelain dishes, covered, and only over a low fire, i.e. simmered *gently*, which makes it much meatier and juicier, than when boiled vigorously.
4. Just before removing it from the fire, add enough hot water so that the whole fruit is half-finger-thick under the liquid, since it absorbs an extraordinary amount of liquid just as it cools, causing it to swell, and it should remain covered for another 12 to 24 hours. Different types of fruit absorb different amounts of water, as best demonstrated by practice. Peaches need the most water and pears the least.
5. Add the sugar about 15 minutes before (the wine about 5 minutes before) adding the last water.
6. Points 1 and 4 make it imperative to always prepare a menu 2 to 3 days in advance, which is a good habit even when preparing other dishes.

The thickest dried cherries, the finest peeled sour apples, and the best unpeeled pears come from Switzerland *). Sacks of the best real Turkish plums from wholesalers **) here in Trieste; smaller quantities from Carabella in Trieste. Peaches, peeled cherry plums, and peeled pears from Jacob Marizza in Gorizia.

*) As they are provided by relatives, we cannot give an address at this time; perhaps in a later edition.

**) e.g. Frusich & Livesey.

We source our own dried blueberries (whortleberries) and pickled cranberries from Mr Carl Rockstroh from Redwitz in the Fichtel mountains, Bavaria.

We obtain our own **tomato extract** (Salse Tommates) in Trieste, or here from Carabelli. **Cherry extract** from the Bernese Highlands of excellent quality. **Blackberry extract** and **cornel extract** from the Lake Balaton area of Hungary. **Apple** and **pear sauce** from Meer und Weymar in Kleinheubach. **Elderberry extract** and **raspberry extract** is prepared by us in Bled, Upper Carniola. **The plum extract** (powidl) is sourced from Znojmo in the Czech Republic. We get **rose hip extract** from Ljubljana or Augsburg, where it is sold at the market in early November. In December, we make our own **medlar extract** from the excellent Istrian medlars in Trieste.

1. Apple compote

1 serving Metricweight

Fresh apples	45.5 decagrams
Dried apples peeled	4.88 "
Sugar	1.75 "
Wine	1.82 "

2. Pear compote.

Fresh pears	31.5 decagrams
Dried peaches not peeled	7 "
Dried peaches peeled	6.13 "
Sugar	1.54 "
Wine	1.82 "

3. Peach compote.

Fresh peaches	35 decagrams
Dried peaches	5.25 "
Sugar	1.75 "
Wine	0.88 "

4. Plum compote.

Fresh plums	31.5 decagrams
Dried plums	
Turkish	7 "

Sugar 1.1 "

Wine with dried

plums 1.75 "

5. Cranberry compote.

1 serving Metricweight

Cranberries

pickled 12.25 decagrams

6. Cherry compote.

Fresh cherries 28 decagrams

Dried cherries 7 „

Sugar 1.22 "

Wine 1.1 „

7. Cherry plum compote.

Cherry plums peeled

Dried cherry plums 5.7 decagrams

Sugar 2 "

Wine 0.6 "

8. Whortleberry compote (Blueberry compote).

Blueberries

Fresh 21 decagrams

Dried 3.5 "

Sugar 2.2 "

Wine 1.32 "

VIII.

Fruit and berry sauces.

The composition of fruit and berry sauces is even more relative than that of salads, depending on whether you get fruit and berry extracts infused with a lot of sugar, with a medium amount of sugar, or with no sugar at all, such as the apple and pear extracts from Kleinheubach in Thuringia.

In Trieste's warm maritime climate, all extracts have to be cooked with much more sugar than in Germany, otherwise they spoil quickly. However, since on average a serving of sauce needs about 1.75 decagrams of sugar to taste good, it is much wiser to add this amount when boiling the juices (by weight, this means as much sugar as juice). The sauces listed below are therefore formulated according to the sugar content of the extracts as received or produced by *us*. Wine and water are added as desired only once the extracts have dissolved. The thicker older extracts need to be boiled with water, while the softer ones can simply be dissolved in cold water.

1. Tomato sauce.

1 serving Metricweight

Tomato extract	5.25	decagrams
Sugar	1.75	"
Wine	1.82	"
Water	8.75	"

2. Cherry sauce.

Cherry extract	3.5	decagrams
Sugar	1.54	"
Wine	2.63	"
Water	9.63	"

3. Blackberry sauce.

Blackberry extract	3.5	decagrams
Sugar	—	—
Wine	2.63	„
Water	9.63	„

4. Cornel sauce.

Cornel

extract		3.5 decagrams
Sugar	—	—
Wine		1.75 „
Water		9.63 „

5. Apple sauce.

Apple extract		3.5 decagrams
Sugar		1.75 "
Wine		0.88 "
Water		9.63 "

6. Pear sauce.

Pear extract		3.5 decagrams
Sugar		1.32 "
Wine		1.31 "
Water		9.63 "

7. Elderberry sauce.

1 serving Metricweight

Elderberry

extract		2.68 decagrams
Sugar		2.54 „
when boiled without sugar.		
Wine		1.75 decagrams
Water		9.68 "

8. Plum sauce.

Plum		
extract		3.5 decagrams
Sugar		1.82 "

Wine	2.63 "	
Water		9.68 "

9. Rose hip sauce.

Rose hip extract		3.5 decagrams
Sugar	—	—
Wine		2.33 "
Water		9.68 "
Flour		4.4 grams.

10. Medlar sauce.

Medlar extract	4 decagrams	
Sugar	—	—
Wine	1.75 decagrams	
Water		9.68 "

11. Raspberry sauce.

Raspberry extract	4 decagrams	
Sugar	—	—
Wine		2.33
Water		9.69 "