

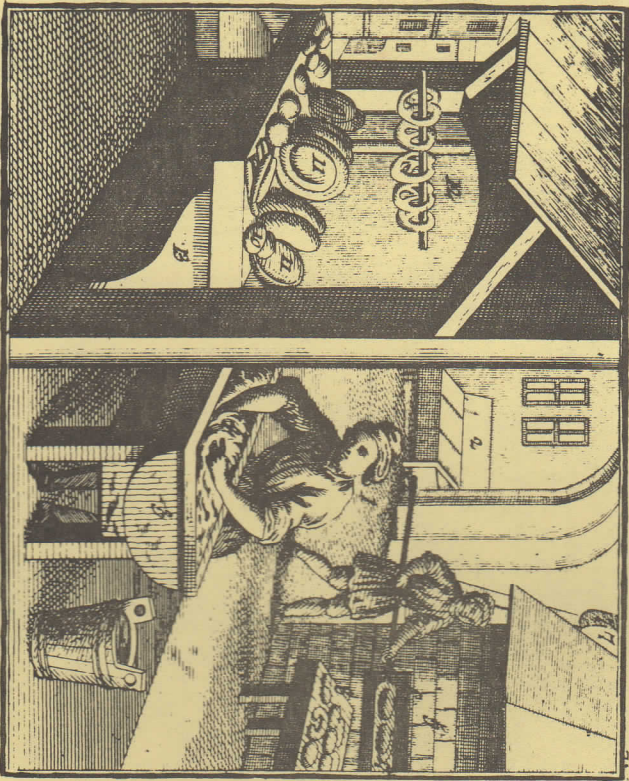


2SER Cook-Booklet





Bäckerei und Brotverkauf, 17. Jh.



I don't blame you for wondering, how a university, a radio station and a cook-book got together. It's really very simple. The university gave birth to the radio station and it in turn gave birth to a magazine program called Morning Talkabout which one Friday morning in October 1980 shortly after 10 o'clock brought forth Cook's Corner. Here we talk about recipes and, if possible, the history behind them. Now and again, we even share culinary disasters. Many individuals have contributed to the program - from a Gypsy author to a Chinese Lecturer. All recipes were carefully kept and one day, we thought, we might produce a 2SER Cookbook. No, this isn't it. This is a forerunner, if you wish, the 2SER Cookbooklet, with recipes of some of the cakes which staff and students have baked and offered as part of the German display during Open Day 1981 at Macquarie University. Most of the recipes have been broadcast earlier on Cook's Corner and we hope you'll have fun making the cakes and sweets yourself. The money you have paid for this little book will go to the radio station, or at least most of it. Perhaps you don't know it yet, but 2SER-FM is a public radio station and depends on your support. Have you thought about becoming a subscriber? It costs only \$10.00 a year and for that we'll send you our radio magazine Listening Post every month and you'll also become eligible to vote for one subscriber member on the station's Management Committee. So please, make 2SER your own. Become a subscriber.

I hope you enjoyed Open Day 1981
at Macquarie University.

Maria Williams
for all the contributors,
2SER FM
and the School of Modern Languages



APFELKUCHEN VON HEFETEIG (Apple Cake made from fine yeast dough)

- Ingredients:
(for the cake)
375 gr. flour
a pinch of salt
1 cup of lukewarm milk
15 gr. fresh yeast
75 gr. butter or margarine
50 gr. sugar
1 egg
1 Tbsp. vanilla sugar
- (for the filling)
2 kg apples
50 gr. sugar
cinnamon



Directions:

Sift the flour into a bowl and make a little well in the middle. Rub the yeast into crumbs and put into the well together with 1 tsp. of sugar, a bit of lukewarm milk. Using a bit of flour from the edges of the well, make a 'yeast batter' of porridge-like consistency. Sprinkle a bit of flour over it, cover with a tea-towel and let rise in a warm spot until double in bulk. (ca 15 mins). Sprinkle the sugar, salt and vanilla sugar over the dry flour. Distribute the soft butter over it as well, or warm it slightly in the lukewarm milk. Stir a bit more flour into the 'yeast batter' and add the milk and the egg. Now beat the dough together with your hands or a dough-hook until the dough is fine and silky to the touch. Cover and let rise until double in bulk (ca 30 minutes). Knock the dough down once more and roll out on a large baking sheet. Push the dough up on the rim so that you end up with at least half an inch high border. Cover in nice even rows with the apples, which you have peeled, cored, quartered and cut into slices. Cover and let rise again. Bake for 20 - 30 mins. Heat about 200 - 210°C. As soon as the cake is done, take it out of the oven and sprinkle it with the sugar and cinnamon mixture. Take the cake off the baking sheet and cut into squares. Just before serving, sprinkle a little more sugar over the apples. This cake is best eaten very fresh and tastes good with a little bit of whipped cream. Of course you may also use other fruit, e.g. plums (firm, slip-stone variety), apricots, cherries etc. If the fruit is very 'wet', sprinkle a tablespoon or two of fine bread-crumbs on the dough before adding the fruit.
(In memory of Karl Kappenstein, who was the best yeast baker in the whole universe)



JOHANNA-THERESIA LOG (Chestnut Log)

Ingredients:

- 1 can of chestnut puree without sugar (approx. 375 gr.)
- 125 gr. of unsalted butter (at room temperature)
- 1 cup of castor sugar
- 2 tbsp. brandy
- a pinch of salt
- 8 pieces of plain morning coffee biscuits
- 1 1/2 tbsp. cocoa
- 2 tbsp. sugar
- 1 cup of ground walnuts or almonds
- some very strong coffee

Icing:

- 1/4 cup of very strong coffee
- 3 tbsp. of sugar
- 6 to 7 sections of cooking chocolate



Directions:

With a mixer, cream butter and castor sugar until light and fluffy. Add the brandy and the chestnut puree and mix well. Crush the biscuits with a rolling pin and add them to the mixture. Add the pinch of salt. Now line a loaf or log baking tin with gladwrap and oil lightly, smoothing out the gladwrap as you go. Now spoon half of the mixture into the baking tin. To the other half add the cocoa, the ground walnuts or almonds, two tablespoons of sugar and enough of the strong coffee to return the mixture to the same consistency as the first half. Cover the mixture in the baking tin with a layer of jam which is not too sweet, such as red or black currant. Carefully spoon the second half of the mixture on top of the jam. Close tightly with gladwrap and leave in the freezer overnight, or, if possible, even longer.

For the icing, mix a quarter of a cup of very strong coffee with three tablespoons of sugar and bring it to the boil. Dissolve the cooking chocolate in this mixture and boil it over very very low heat until it coats the back of a spoon or the mixture draws threads when you remove the spoon. Add a teaspoon of unsalted butter and let it dissolve. Do not boil the mixture anymore. Now and only now take the cake from the freezer, put it on a serving dish and coat with with the chocolate icing. Decorate with cherries and walnuts. Return to the fridge for 4 or 5 hours or even longer.

(Thanks for this recipe go to Mrs. Theresa Kovacs and Johanna McBride)



CREAM CHEESE CAKE ANGELIKA (Sahne Quark Torte)

Ingredients:

- (for the cake)
- 3 eggs
- 70 gr. castor sugar
- 80 gr. plain flour, mixed with a pinch of baking powder
- some grated lemon rind
- vanilla extract

(for the filling)

- 1/2 kg. Farm Cheese or fine Cottage Cheese
- 180 gr. sugar
- 1 sachet of vanilla sugar (about 5 gr.)
- 1/4 litre cream
- 2 eggs, separated
- 2 sachets of gelatine (approx. 7 tsp.)
- 1 large tin pineapple pieces
- (to finish)
- icing sugar



Directions:

(the cake)

Beat the three eggs with the sugar, the lemon rind and the vanilla until foamy and then carefully add the flour spoon by spoon. Bake in a round spring form in a moderately hot oven. The cake is done when it springs back when touched in the middle. Let it cool and then cut it carefully into two layers.

(the filling)

Mix the cheese, sugar, vanilla sugar and the two egg yolks very very well. Beat by hand or use a mixer. In separate bowls, beat the cream and the egg whites until peaks form. Dissolve the gelatine in a quarter of a litre of hot milk and make sure that it is all smooth - there must be no lumps or globs left. Let that get cold and add an eighth of a litre of pineapple juice. Then pour this mixture into the cheese mixture. Then, very slowly fold in the whipped cream and when that is done, fold in the beaten egg whites. Then add the pineapple pieces from a large can. And now assemble the cake: Use the spring form in which you have baked the cake. Make a sleeve standing about 2 inches above the tin. Thin brown paper or heavy wax paper will do. Put one layer of the cake into the baking tin. Carefully pour in the cheese mixture and cover that with the second layer of cake. Put it into the fridge and let it set. It takes about 24 hours. Before serving, sprinkle liberally with icing sugar.

(Recipe contributed by Mrs. Maria Tasch, that's Angelika's Mum.)



SWEDISH APPLECAKE (Göttinger Revenge)

Ingredients:

(for the filling)
30 by 30 cm of aluminium foil
2 tbsps. of butter or margarine, browned
3-4 Tbsp. chopped hazelnuts or slivered almonds
500 gr. apples, peeled, cored, quartered and cut into slices
1-2 tbsps. sugar
1 cup raisins or currants soaked in Rum.

(for the dough)

65 gr. butter
1 sachet vanilla sugar (about 5 gr.)
1 cup sugar
2 eggs
1 cup cornflour
1/2 cup of plain flour
1/2 tsp. ground cardamon
2 tsp. baking powder

(to finish)

1/2 cup castor sugar
cinnamon
a pinch of ground cloves



Directions:

Turn a spring form (26 cm in diameter) up-side-down and cover it with the aluminium foil. Carefully smooth down the sides of the foil. Now take the 'shaped' foil off and put it inside the baking tin. Now pour in the browned butter or margarine. Sprinkle the nuts or almonds over the butter and then put in the apple slices, in concentric rings, if you wish. Sprinkle the Rum-soaked raisins or currants over the apples.

And now for the dough: Put the soft butter into a mixing bowl and add the vanilla sugar, sugar, eggs, cornflour, flour, cardamon and baking powder and mix it all with a mixer at high speed until well mixed (about two minutes). If you mix by hand, first mix the dry ingredients and add them gradually to the butter which you have first mixed with the eggs until foamy.

Pour the dough slowly over the apples and raisins. Put the cake on the lowest shelf of your oven and bake at medium heat. Test with toothpick for doneness.

When finished, carefully remove the rim from the spring form and let the cake cool for about 10 mins. Then turn it up-side-down onto a serving dish and carefully remove the bottom of the baking tin and the aluminium foil. While still warm, sprinkle with the sugar, cinnamon and clove mixture. Serve with whipped cream, if you wish.

Baking Time:

Electric: 175° - 200° C 60-70 mins.

Gas: setting 2-3, 60 - 70 mins.

(Maria Williams found the recipe and Ebba van der Heider improved on it)



EIGHT TREASURES RICE (babao fan)
(Chinese - Hunan Province)

Ingredients:

- 500 gr. glutinous rice
- 50 gr. Chinese red dates (skinned and pitted)
- 50 gr. lotus nuts
- 25 gr. long'an (dragon eye) pulp
- 25 gr. tinned green soya beans (or peas)
- 25 gr. candied tangerine
- 15 gr. candied red melon (i.e. snake melon)
- 25 gr. candied winter melon
- 15 gr. raisins
- 250 gr. white sugar
- 5 gr. candied rose petal
- 50 gr. cornflour
- 100 gr. lard

Alternatively, use commonly available dried and preserved fruits and nuts such as prunes, raisins, currants, walnuts, dates, glace cherries and so forth. In China, this dish is usually made with whatever ingredients are to hand.

Candied rose petal can be made in Greek fashion, by packing fresh new rose petals (from an old-fashioned fragrant variety!) in a jar along with white sugar. Alternatively, rose water can be used.



Method:

1. Wash glutinous rice until clean, put in boiling water and quick-boil for a minute or two. Drain and put into earthenware pot and steam in a steamer (either a Chinese bamboo steamer or the Western variety) until quite done. Remove from steamer and stir in 200 gr. white sugar, 75 gr. lard, and the candied rose petal. Mix in well. Seed the candied tangerine (if necessary), and chop into 6 mm cubes. Cube candied winter melon and red melon in the same way. Soak the long'an pulp and raisins in warm water, then drain.
2. Take out a big 8" crockery pudding basin and smear 5 gr. of lard on the inner walls. Then stick in red dates, followed by the long'an pulp, candied tangerine, candied winter melon, raisins and lotus seeds, to form a decorative pattern. Tip in the glutinous rice mixture, being careful not to dislodge fruits. Cover with cloth or foil and steam in a steamer for 40 minutes. Remove and invert pudding onto a large plate - all the colourful fruits should be on top and the rice underneath.
3. Place wok on high heat, add 20 gr. lard, then 50 gr. white sugar and 200 gr. water and bring to boil. Use cornflour (50 gr.) to thicken and form a thick clear syrup. Add green soya beans and red melon and stir. Pour over pudding and serve.

Special characteristics of the dish:

When the clear syrup is poured over the dish it becomes glistening and shiny, and displays to best advantage the different colours of the fruits and nuts. It is fresh and pleasing to the eye, with a fragrant and sweet fruit flavour, and is smooth but not greasy.

(Recipe contributed by David Holm)



CANDY-THREAD POTATOES (basi shanyao) (Chinese - Peking)

Ingredients:

- 750 gr Potatoes
- 250 gr. white sugar
- 25 gr. plain flour
- 10 gr. rose petal sugar
- 1 kg lard (of which 75 gr. used)



Method:

1. Wash potatoes, peel and remove eyes and black spots. Cut into water-chestnut shaped pieces, 3 cm round and 1.5 cm high. Spread out on large plate, sprinkle with the flour and mix well.
2. Place wok on high heat, put in lard and heat until just below smoking point (lit. '8/10 hot'). Add potatoes, and use spoon to distribute in pan. After a minute or two remove from heat and allow to deep-fry slowly until golden brown on outside and soft in the middle. Tip fat into a bowl through a strainer and allow potatoes to drain.
3. Set wok on medium heat, add 50 gr. of water, add white sugar, and stir-fry until a syrup is formed. Use a chopstick (or spoon) to test consistency: when syrup forms a thread between chopstick and syrup in wok, add potatoes and stir well until covered. Pour in 150 gr. lard. Smear 10 gr. of lard on a large china plate, heap potatoes in middle and serve along with a large bowl of ice water.

Diners/guests are expected to pick up pieces of potato and dunk them individually in the ice water before eating: this will cause a crackling glaze to form.

Special characteristics of the dish:

This dish is clear yellow in colour. The potatoes are crisp and crunchy on the outside and thick and glutinous on the inside. The syrup forms long threads when guests are eating, and has the flavour of roses.

Note:

This dish can also be made with apples. In which case, core apples (4-5) and cut into 6 segments, and cut segments in half. Batter to be made with one egg, 100 gr. flour, and 125 ml. of water. Deep-fry for 2 1/2 - 3 minutes, drain, and procede as above.
(Recipe contributed by David Holm)



**Scheiterhaufen mit Schneehaube
(Bonfire in the Snow)**

Ingredients:

- 5 one - or two-day -old buns, cut into slices
- 1/4 litre milk
- 1 egg
- 1 egg yolk
- a pinch of cinnamon
- 10 gr. vanilla sugar
- grated rind of one lemon
- (for the snow)
- 2 egg whites
- 50 gr. castor sugar

(for the filling)

- 250 gr. apples, peeled, cored, quartered and cut into slices
- 40 gr. raisins
- 40 gr. sugar

30 gr. butter
butter to grease casserole or omelette form



Directions:

Mix milk, egg, egg yolk until foamy and add cinnamon, lemon rind and vanilla sugar. Pour the mixture over the sliced buns and let it soak in. Put one half into a buttered casserole dish or omelette form. Then add the apples, raisins and sugar. Now add the other half of the soaked buns. Sprinkle 30 gr. of melted butter over it and bake it for 40 minutes in a moderate oven.
Beat two egg whites with castor sugar until peaks form and spread over the 'Bonfire'. Quickly brown it in a hot oven and serve right away.
(It was Resl Althaus who prepared this dish for us many times. Her food and her hospitality warmed us when the Southern Mountains were covered with snow).



ENGLISCHER KUCHEN (English Cake German Style)

Ingredients:

450 gr. butter or margarine
7 eggs
300 gr. sugar
30 gr. vanilla sugar
grated rind of one lemon (optional)
500 gr. flour mixed with 3 level tsp. of baking powder
200 gr. chopped almonds
300 gr. raisins
200 gr. lemon or orange peel

Directions:

Liberally grease a large loaf tin with butter. Beat the butter or margarine until foamy. Add the eggs, sugar and vanilla sugar alternately and stir well. Add the lemon rind, if you have chosen to use it. Now sift together the flour and the baking powder and add it, little by little, to the butter and sugar mixture. And finally fold in the almonds, raisins and lemon peel.
Pour batter into the greased baking tin and bake for 2 hours. **HEAT MUST NOT EXCEED 160° - 170° C!!!**
When the cake is done, take it out of the oven and let it cool in the baking tin. Turn it out and sprinkle liberally with icing sugar. Now wrap the cake up in aluminium foil and keep it in the fridge for at least eight days. The cake will keep for weeks.
(Recipe contributed by Mrs. Milly Kappenstein, Emmerich, Germany)





HASELNUSS KRANZ (Hazelnut Cake Roman One)

Ingredients:

- (for cake)
300 gr. plain flour
2 tsp. baking powder
100 gr. sugar
1 sachet of Dr. Oetker vanilla sugar (approx. 5 gr.)
4 tbsp. milk (or 1 egg and 2 tbsp. milk)
100 gr. butter or margarine
- (for filling)
200 gr. ground hazelnuts
100 gr. sugar
1 egg white
4-5 tbsp. water
4-5 drops of bitter almond essence



Directions:

Mix flour and baking powder. Sift mixture into a bowl or onto a pastry board. Make a hollow in the middle and put in the sugar, vanilla sugar and the milk. Using a little flour, mix until you get a porridge-like consistency. Now add the cold butter, cut into small pieces, and - using two forks or your hands - quickly mix everything until you have obtained a smooth dough. If sticky, put it into the fridge for a while. When ready to handle, roll out the dough into a rectangle of about 35 x 45 cm. For the filling mix the ground hazelnuts with the sugar, the bitter almond essence and the egg white and add just enough water until the filling is of spreadable consistency. Spread it over the dough with a spatula and roll it up from the longer side. Make it into a ring and place it on a greased baking sheet. Brush the ring with egg yolk mixed with a little milk and then make 1/2 cm deep cuts every 2 to 3 cm. Bake for 30 to 35 minutes in moderate oven.
(Recipe contributed by Mrs. Irmgard Sherl)



EINFACHE NUSSTORTE (Simple Nut-Cake)
(also known as Hazelnut Cake Roman Two)

Ingredients:

- 100 gr. butter or margarine
- 125 gr. sugar
- 2 eggs
- 100 gr. ground almonds, walnuts or hazelnuts
- grated rind of one lemon
- 1/2 cup milk
- 150 gr. plain flour
- 1 tsp. baking powder



Directions:

Sift together flour and baking powder. Cream the butter or margarine and beat until foamy. Then add eggs one by one and beat until the mixture is creamy. Add the ground nuts and lemon rind. Now, very gradually, add the flour mixture.

Grease a baking tin of your choice (loaf or ring) and sprinkle lightly with flour. Pour in the dough and bake for 3/4 of an hour at 160° C. Cover the top of the cake with thin lemon icing made of icing sugar and lemon juice and decorate with whole nuts.

Dough is also suitable for cupcakes. Adjust baking time accordingly.

(Recipe contributed by Mrs. Mireille Descouedres)



AARGAUER RÜBLTORTE (Carrot Cake)

Ingredients:
(for cake)
300 gr. raw carrots
300 gr. ground almonds
4 eggs
200 gr. sugar
60 gr. plain flour
juice and grated peel of 1/2 lemon
1 tsp. baking powder
a pinch of salt

(for icing)
150 gr. icing sugar
1 tbsp. lemon juice



Directions:

Preheat oven to moderate heat. Grease a springform (24 cm in diameter) with melted butter and dust lightly with flour. Peel the carrots and grate them finely. Also grate rind of half a lemon and extract the juice. Separate the eggs. Beat the egg yolks and the sugar until creamy. Now add - one after the other - Lemon juice and peel, carrots, almonds, flour, pinch of salt and baking powder. Then fold in the stiffly beaten egg whites. Pour into the springform and bake in moderate oven for 40 to 50 minutes. Cool and cover with icing. For the latter, put icing sugar through a sieve and mix it with the lemon juice. Add a few drops of water if necessary.
(Recipe contributed by Mrs. Irmgard Sher)



EIJA'S MAUSTEKAKKU
(also known as a Finnish Guglhupf)

- Ingredients:
- 1 cup evaporated milk
 - 1 tbsp vinegar
 - 3/4 cups plain flour
 - a pinch of salt
 - 1/2 tsp. bicarbonate of soda
 - 1/2 tsp. cinnamon
 - 1 tsp. ginger
 - 1/2 tsp. ground cardamom
 - 1/4 cups castor sugar
 - 155 gr.. butter or margarine
 - 2 eggs



Directions:

Mix together evaporated milk and vinegar. Sift together into a bowl the flour, sugar, salt, soda and spices. Mix the melted butter, soured milk with the dry ingredients. Mix well. Beat the eggs and add to the mixture. Bake in a greased ring tin for just under an hour at about 375° F. Leave in the tin for just a few minutes. Turn out and let cool. When cold, sprinkle liberally with icing sugar or cover cake with orange icing and sprinkle with shredded orange rind.
(Recipe contributed by Eija Cox)



SWISS CHEESE CAKE (Kàsèwàhe)

The 'Kàsèwàhe' is really a close relative of the Quiche and is eaten hot.

Ingredients:

- 1/2 packet of puff pastry
- 250 gr. grated cheese (Gruyère, Kraft Swiss Cheese)
- 2 tbsp. flour
- a pinch of salt
- 2-3 eggs
- 400 ml milk or cream



Directions:

Roll out the puff pastry and line an oven-proof dish approximately 20 cm in diameter. Mix all the other ingredients together and pour into the pastry-lined dish. Bake at 180° C for about 30 minutes or until surface is nice and brown. Eat hot.
(Recipe contributed by Mrs. Mireille Descoedres)



WALNUT SLICE

Ingredients:

- (for base)
1 cup flour
1/2 cup butter
2 tbsp. icing sugar
- (for filling)
2 eggs
1 cup brown sugar
2 tbsp. flour
1 1/2 tsp. baking powder
pinch of salt
1 cup chopped walnuts
1/2 cup coconut
1 tsp. vanilla



Method:

- (for base)
Rub ingredients together to fine crumbs. Press into cake pan and bake for 12 minutes or until light brown.
- (for filling)
Beat eggs well, add brown sugar and beat. Mix dry ingredients and fold in which chopped walnuts, coconut and vanilla. Pour onto baked base. Return to oven and bake for 12-15 minutes.
- (From the Mennonite Kitchen by way of Paul Friesen)



BLITZKUCHEN (The fastest Cake in the West)

Ingredients:

- 3 eggs
- 1/8 lb butter
- 6 tbsp. sugar
- 1 tbsp. brandy
- 4 tbsp. plain flour



Method:

Beat the egg whites until stiff. Add the sugar and beat as for meringues. Now add, one at the time, 3 egg yolks, melted butter, brandy and flour and stir until smooth. Bake in a moderate oven for 30 mins. Good with fruit covered with a glaze made of fruit juice, sugar and cornflour, or, if you can get it, Dr. Oetker's "Tortenguss".

At the drop of a hat, this cake will turn into:

Bischotsbrot (Bishop's Bread)

Reserve one tablespoon of flour and mix it with half a cup of mixed, dried fruit, chocolate bits lemon peel and nuts.

(Marlene Norst found this recipe at Eilly Schnitzler's place).



BLITZKUCHEN

Der Bäcker, Arbeitung von Jan Joost van Slier, 1635

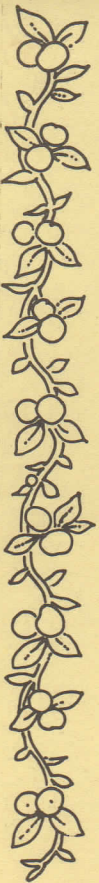
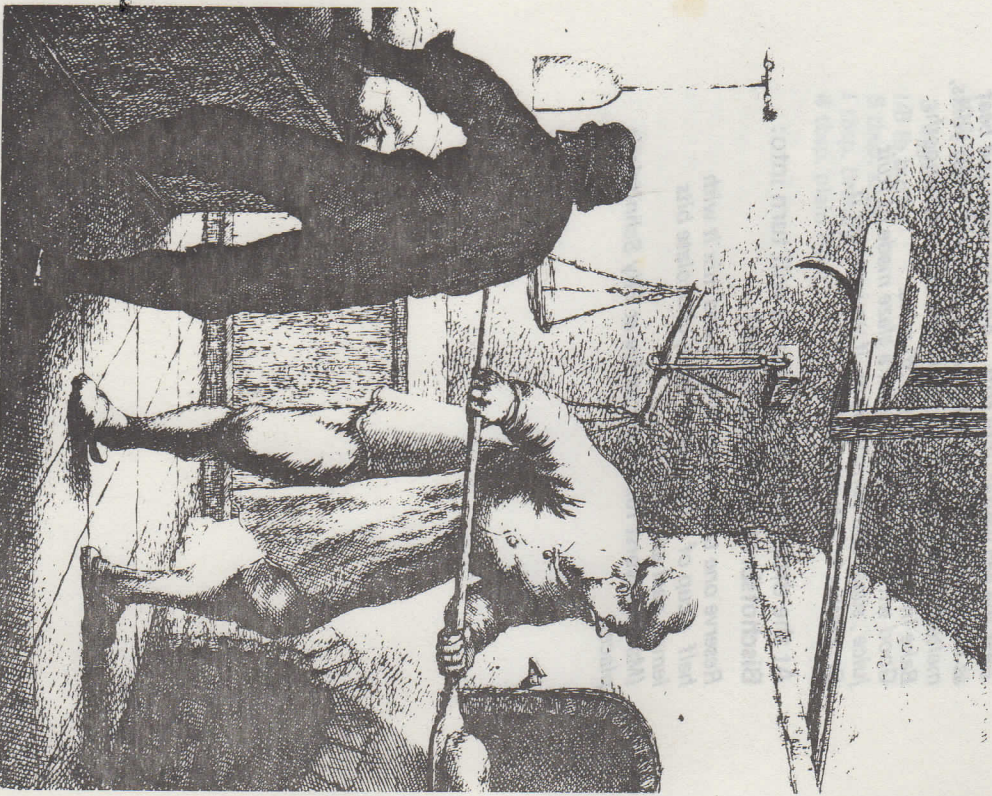


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