German-Russian Recipes

Original recipes of some of the best German-Russian dishes from Eureka, South Dakota appear in this issue. These recipes were earlier published in October 1901 in the American Magazine. Some information about how the recipes were selected by a national magazine is provided by Theodore Straub, formerly of Eureka, but who now resides in San Diego, Arizona:

"A card appeared at the desk of the editor of the Northwestern Blade newspaper in Eureka from the publicity department of the State of South Dakota from the American Magazine, requesting recipes of native dishes prepared by a Ladies Aid or such non-professional catering groups.

"I was given the card since I had been appointed chairman of the Pioneer Festival, with a planned banquet for the Senior Citizens. The food to be served was borscht and kuchen.

"I advised the American of such and on the designated period, Don Eddy, writer for the magazine, arrived in Eureka several days in advance. He requested that I arrange with good cooks to offer their recipes, plus demonstrate the actual preparation of same in their homes.

"The above was accomplished, followed by a fine story in the October issue of The American which was followed with a box enclosure with the following: 'Anyone interested in the Eureka recipes, write American Magazine.'

"The last report that we received was $2.300 from all parts of the U.S.A. after persons had tried same, and some possibly not coming out as expected, wrote to numerous of the Eureka contributors asking for advice.

"The story appearing in the magazine was a fine article, most pleasing and very complimentary to Eureka and the people as certified by having eaten at several homes while picking up the recipes."

Katharina Scherlie's
Hot Potato Salad

1 tbsp. shortening
1 large-chopped onion
3 tbsp. vinegar
1 medium-sized boiled potatoes
1 tsp. sugar
Salt and pepper to taste
1 tbsp. water

Method:
If you start with raw potatoes, boil with jackets on. Pare and slice as for frying. Melt shortening (butter or bacon grease) in a saucepan. Brown the onions, but don't blacken them. Add vinegar, sugar, salt, pepper, water, and bring to a boil. Reduce heat, add the sliced potatoes, and simmer 10 to 12 minutes. Don't let the potatoes either brown, crisp, or break up. The idea is to get them absorbing the pungent seasonings without losing their integrity.

Minnie Keim's Kuchen

2 cups milk
4 cup sugar (or shortening)
3 eggs
2 level tsp. salt
1 cup sugar
1 cup flour (add more as needed)
1 tsp. yeast cakes
2 tbsp. sugar
1/2 cup lukewarm water

Method:
Dissolve yeast and sugar in lukewarm water. Scald milk. As it cools, add shortening. When cool, stir in eggs and salt. Add flour and mix well. Add water with yeast and sugar. Mix to an elastic dough, adding as much as necessary (3 cups won't hurt) to make it soft and pliable. Set in warming oven for 45 minutes. (This is a good time to make the filling.)

After 45 minutes, knead the dough and put it back in warming oven for 20 minutes. Knead down again, place on well-floured board, and roll to thickness of about 1/4-inch (not thin). Line well-greased cake tin, bringing dough over three-fourths of the way up the sides. Brush with melted shortening and place in warming oven for 1 to 1 1/2 hours, or until pastry is raised.

Filling:
You may use any kind of fruit, remembering to add plenty of sugar if fruit is uncooked. A wonderful tangy blend is 1 medium-sized rhubarb and 1/4 raisins. Or you may use prunes, cooked and pitted. Another elegant combination is 1/4 cup cottage cheese blended with 1 tbsp. sweet or sour cream, 1 egg and 1/2 cup sugar. Our favorite is made of 1/2 cup butter, sugar and peanut butter (for ground walnut meats, and two parts of flour).

Granda Straub's Fleischkochla

Ingredients for filling:
1/2 lb. ground pork
1/2 lb. ground beef
1 egg
1 onion, chopped fine
1 tsp. salt
1 tsp. pepper
1/2 cup cold water

Method:
Mix a small amount of flour as needed to keep it from getting sticky. Roll out on floured board until as thin as possible (one-eighth inch or less), adding flour as needed. With sharp knife, cut into squares about four to six inches each way. Now place a roll of the meat mixture in each square, fold the dough over it, pinch down the edges and then seal it, and fry in deep fat (French fry), turning constantly. It is done when the blankets are golden-brown.

Borsch

1/2-lb. beef Shank meat cut in chunks
1 large bone (don't cut this)
1/4 cup shredded cabbage
6 bay leaves
2 tablespoons diced potatoes
1 cup cooked rice
1/4 cup chopped parsley and dill
1 tsp. sugar
1 tsp. pepper
1/4 cup lard

Method:
Add above ingredients to one gallon of water. Boil slowly (just above simmering) for at least three hours. Then add 1 can of tomatoes and 1 cup sour cream. Celentime

Martha Rathe's
Pfeiffermannese Cookies

1 cup white sugar
1 cup brown sugar
1 tsp. baking soda
3 eggs
1 tsp. honey
1 tsp. black pepper
Method:
Sift sugar and eggs together:
2 cups flour
1 tsp. salt
1 tsp. baking soda
1 tsp. cloves
1/2 tsp. cinnamon
Cream lard and sugar. Beat again, adding eggs until mixture is creamy. Blend in honey and coffee (cooled). Add dry ingredients and mix well. Chill dough overnight or several days as it will be soft and sticky unless completely chilled. Form round balls about the size of a walnut. Bake at 350 degrees until cookie springs back when finger tested. Do not over bake.

Store in an airtight container. Place in area where it will be cool and dry. May be frozen.

Margaret Flemmer's Halupsi

1 large loose head of cabbage
1 cup shredded cabbage
1/4 cup finely chopped onion
1/4 cup finely chopped green peppers
1/4 cup finely chopped carrots
1/2 tsp. salt
1/2 tsp. pepper
1/2 tsp. caraway seeds
1/4 tsp. garlic powder
1/8 tsp. ground cinnamon
Method:
Boil cabbage for 15 minutes. Drain and press. Add remaining ingredients to cabbage.

WHAT'S COOKING?