

A German Focus

September seems a good month to pass on some recipes with a German Beer Festival feel, so “Oompah, Oompah” let’s go.

by Lynda Gee

Onion Tart

Serves 4 as a starter

Ingredients:

Shortcrust pastry to line a 15-18cm flan dish
300g yellow onions
50g unsalted butter
1 good heaped soup-spoon of flour
1 teaspoon of brown sugar
20cl double cream
2 eggs
25g finely grated Gruyère cheese
Salt, pepper and ground nutmeg.

Line the well greased flan dish with shortcrust pastry and bake blind for around 6 or 7 minutes.

Slice the onions into rings about ½ cm thick. Melt the butter with the brown sugar in a small frying pan, add the onions and cook until translucent and softened

Sprinkle over the flour and mix in well.

Arrange the onions in the pastry base.

In a bowl whisk together the cream and eggs, stir in the grated cheese and season to taste with salt and pepper.

Pour the mix over the onions and lightly sprinkle with ground nutmeg (not essential).

Bake for 20 minutes in the oven preheated to 210 °C. (th. 7)
Serve with a green salad and a dry white wine.



German Style Savoury Potatoes (Bratkartoffeln)

Serves 4

Ingredients:

800g-1kg of small waxy potatoes
2 small/medium onions
100g of chopped smoked bacon (lardons)
Salt and ground black pepper
Oil to cook

Peel and part cook the potatoes in lightly salted boiling water for around 15 minutes. Allow to cool enough to be able to cut into slices about ½ cm thick.

Meanwhile, cut and chop the onions.

Use enough oil to cover the bottom of a roasting tin and heat in the oven at around 225°C. When very hot place the onions, potatoes and lardons in the oven dish and return to the oven to cook for around 30 minutes, stirring from time to time.



Crispy Roast Pork Hock

1 pork shank (jarret de porc arrière) of around 1kg in weight, salted butter.

The night before cooking, scour the skin of the pork shank in diamonds, or lines, down through the fatty layer and leave to soak overnight in cold water. This helps the skin to crisp and crackle.

Take the pork out from soaking and remove the excess water, then rub a little salted butter over the skin and into the cuts.

Place into a lightly oiled or greased roasting tin and cook in a hot oven 240 - 250°C for 1-1.5hrs, until the outside is crisped and the meat thoroughly cooked through.

(If you have a small upright chicken rotisserie this works very well for cooking the pork and makes less mess of your oven!)

Serve with the German style potatoes (and cooked cabbage if you like.)

Dry white wine or beer to accompany. Prost!

Lynda is better known as ‘Ginger’s Kitchen’ and provides a full at-home catering service. See advert on P.29.

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