Re-Inventing Virtual Cooking Classes At The Cutting Edge Classroom Cooking School

The Menu

Octoberfest Celebration Foods of Germany
Ingredient Shopping List

Below is a list of ingredients you’ll need to make the recipes in this packet. Please reach out for substitution suggestions.

Protein

✓ ¾ pound pork loin chops boneless
✓ 3 oz bacon chopped

Produce

✓ 1 lemon sliced
✓ 1 pound white potatoes
✓ 1 onion
✓ 1 cabbage
✓ 1 large carrot
✓ 2 bell peppers

Dairy

✓ 1 large egg
✓ 2 tbsp butter

Pantry Items

✓ 1/2 cup ap flour
✓ ½ cup bread crumbs
✓ Salt & pepper
✓ 2 cups frying oil like canola or peanut
✓ ¼ tsp marjoram
✓ ¼ teaspoon caraway seed
✓ ½ cup sugar

Dry/Canned Goods

✓

Equipment Needed

Below is a list of tools you’ll need to make the recipes in this packet.
Class Date and Time: October 5th, 2022 2:00PM-3:30PM
Contact Person/Company: Tracy Matthews/AARP
Contact Phone Number: 865-237-5681
Contact Email: tmatthews@aarp.org

Cutlery
- Knife
- Cutting board

Hand Tools/Gadgets
- Whisk
- Spatula
- Tongs

Cookware
- Saute pan
- Sauce pan

 Appliances
- Oven
- Stove

Bakeware

Other
- Mixing bowls
Pre-Class Mise en Place and Notes

• Please gather all ingredients prior to class if you will be cooking along

• It is helpful to organize the ingredients by recipe on rimmed baking sheets if possible

• Please pre-measure ingredients

• We encourage you to prep all your ingredients and cut all vegetables, fruits, and proteins before class as it will allow you to have more time to listen and watch the instructor

Notes:
GERMAN PORK SCHNITZEL
yield: 3 SERVINGS
prep time: 15 MINUTES
cook time: 3 MINUTES
total time: 18 MINUTES
INGREDIENTS
- 3/4 pounds Pork Loin New York Chops
- 1/2 cup flour
- 1/2 cup bread crumbs, plain
- 1 egg, lightly beaten
- salt and pepper to taste
- 2 cups canola or vegetable oil
- Lemon slices

INSTRUCTIONS
1. Add eggs, flour and bread crumbs to three separate shallow dishes and set aside.
2. Add oil to a large skillet and heat oil to 340-350 degrees (I used a candy thermometer to check temperature).
3. Pound pork with a flat side of the mallet until the meat is 1/4 inch thick. Sprinkle both sides of pork with salt and pepper. Lightly dip into flour, then egg and finally the bread crumbs.
4. When all pieces are coated fry without crowding the schnitzel.
5. Fry until golden brown. A total of three minutes is all that is required.
6. Remove from skillet and place on a baking sheet with a cooling rack placed on top to let any excess oil drip off the schnitzel. Serve immediately.

NOTES
The flour coating is very light dusting. Remove any clumps that might form. The egg dip is a quick coating. Don't let the pork sit in the egg mix. Gently coat the meat with the bread crumbs. You should not need to pat the bread crumbs on the pork.
Bratkartoffeln (German Cottage Potatoes With Bacon)

Prep: 30 mins  
Cook: 30 mins  
Total: 60 mins  
Servings: 2

Ingredients
- 1 pound potatoes  
- Kosher salt, to taste  
- 2 to 3 ounces bacon, chopped  
- 1 tablespoon unsalted butter  
- 1/4 cup finely chopped onion  
- 1/4 teaspoon marjoram, optional  
- 1/4 teaspoon caraway seed, optional  
- Freshly ground black pepper, to taste

Steps to Make It
1. Scrub whole potatoes of the same size and cook in salted boiling water until easily pierced with a fork. Cool slightly; peel while still warm.
2. Chop bacon into small pieces and cook in a frying pan over medium heat until limp.
3. Remove from the pan but keep the grease in the pan. Add the butter and melt, but don’t brown.
4. Slice the cold potatoes into 1/4-inch slices and place a single layer in the hot fat. Place any extra potatoes on top of the first layer.
5. Sprinkle the potatoes with the onions and bacon and let them cook over medium heat for 10 to 15 minutes until golden brown.
6. Flip them when they become golden brown on the underside, but don’t stir them.
7. Sprinkle with marjoram, caraway, salt, and pepper and cook for 5 to 10 more minutes.
8. Add more butter if necessary, to facilitate browning.
9. Serve and enjoy!
Quick Overnight Sauerkraut
Prep Time 2 hours 15 minutes
Cook Time 45 minutes
Total Time 1 day
Servings 5

Ingredients
- 1 medium Cabbage Heads shredded
- 1 large Carrot grated
- 2 medium Red Bell Peppers cut into long sticks
- 1 pint Water
- 1/2 cup Oil
- 1/2 cup sugar
- 1 1/2 cup Vinegar

Instructions
1. Shred cabbage, grate carrots and cut bell peppers into thin slices.
2. Combine cabbage, carrots and bell pepper.
3. In a cooking pot, bring water, oil, salt, pepper, and sugar to a boil. Remove from heat and add vinegar. Pour the marinade over combined vegetables.
4. Keep Sauerkraut in a marinate for 24 hours. I would highly recommend stirring it at least once during the process.
5. Once 24 hours have passed, the Sauerkraut is ready to be served. Keep it refrigerated for up to 2 weeks.