

## Food for High Achieving Individuals



### DISHIN' WITH DEBBIE!

October Greetings to you all. As I write this, the rain is coming down in buckets and it seems more like spring than fall!

Well, ladies, apparently, no-one wanted to accompany me on a culinary tour of Germany because I received no recipes this month. Perhaps you were indulging a little too much in Oktoberfest and couldn't remember to send recipes, yes? That saddens me a little because I hate to travel alone, but I am very good at Googling recipes, so here are a few you might like.



What would a column on German cuisine be without a recipe containing sauerkraut? Well, I don't intend to find out. Try out this one from Food.com.



### German Sauerkraut and Potato Balls

#### Ingredients:

- 4 medium potatoes, peeled and diced
- 1 small onion, minced
- 1 (14 1/2 ounce) can sauerkraut, drained and squeezed dry
- 2 eggs
- 1/2 teaspoon salt (to taste)
- 1/4 teaspoon black pepper (to taste)
- 1/4 teaspoon caraway seed
- 1/2 cup all-purpose flour
- 1/3 cup breadcrumbs
- additional egg
- additional flour
- additional breadcrumbs



#### Directions:

1. Place potatoes in a medium sized saucepan and cover with water; salt lightly.
2. Bring to a boil over medium heat and cook until fork-tender; drain.
3. Place potatoes in a large bowl and mash; then allow to cool for 5-10 minutes.
4. Stir onions, drained sauerkraut, egg, salt, pepper, caraway, flour and breadcrumbs into potatoes, forming a thick mixture.
5. Pour some flour in a small bowl
6. Do likewise with some bread crumbs
7. Beat 2 eggs in another small bowl, set aside.
8. Heat deep fryer or oil several inches deep in a frying skillet to a temperature of 350 degrees.
9. Take heaping tablespoonfuls of the potato mixture and roll in flour, coat with the beaten eggs and then roll in bread crumbs.
10. Fry balls (which should be the size of large meatballs) in small batches for 2-4 minutes or until golden brown.

11. Drain on paper toweling and serve hot.

Because I am in a hurry to get this to our venerable newsletter editor, I'm going to cut right to dessert. I don't know whether German Chocolate Cake is really German (I doubt it!), but I LOVE GCC and always use the recipe on the Baker's German chocolate box (except that I use less sugar and it's half brown sugar). It's the best!

### German Chocolate Cake

#### Cake Ingredients:

- 1 (4 ounce) package Baker's German sweet chocolate
- 1/2 cup boiling water
- 1 cup butter
- 1/2 cup sugar
- 1 cup dark brown sugar
- 4 eggs, separated
- 1 teaspoon REAL vanilla
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup buttermilk



#### Frosting Ingredients:

- 1 1/2 cups [evaporated milk](#)
- 1 cup [sugar](#)
- 4 slightly beaten egg yolks
- 3/4 cup [butter](#)
- 1 1/2 teaspoons [vanilla](#)
- 2 cups shredded coconut
- 1 1/2 cups chopped [pecans](#)

#### Directions:

1. Preheat oven to 350°F.
2. Line three 9 inch round cake pans with waxed paper or parchment.
3. Melt chocolate in water, cool.
4. Cream butter and sugar.
5. Beat in egg yolks.
6. Stir in vanilla and chocolate.
7. Mix together flour, soda, and salt.
8. Beat in flour mixture, alternately with buttermilk.
9. Beat egg whites until stiff peaks form; fold into batter.
10. Pour batter into prepared pans.
11. Bake for 30 minutes or until cake springs back when lightly pressed in center.
12. Cool 15 minutes; remove from pans and cool on rack.
13. For COCONUT-PECAN FROSTING- Combine evaporated milk, sugar, slightly beaten egg yolks, butter and vanilla in saucepan.
14. Cook and stir over medium heat until thickened. Remove from heat.
15. Stir in shredded coconut and chopped pecans. (Editor's note: I have also made this with walnuts and it is just as yummy)
16. Cool until thick enough to spread.
17. When cake is cool, fill and frost cake.
18. Get yourself a great big glass of milk (or beer, if you're really into the Oktoberfest thing) and prepare to enter cake heaven. Enjoy!

That's all for this month! Please join me next month when we travel Down Under to Australia and New Zealand. This will be a learning experience for me because I have no idea what they eat in Australia- kangaroos?

Send me those recipes as soon as you can! I will be forever grateful to you to not have to come up with them all on my own.

## November - Culinary Adventures from the Land Down Under (Australia/New Zealand)

December - South American Treasures



Please send recipes to [dereihart@pa.gov](mailto:dereihart@pa.gov). Hurry up and do it now so you

***UNTIL NEXT MONTH- KEEP ON DISHIN'!***

- Debbie

## Getting To Know: You

This Newsflash column highlights the Board and the LDIAA membership – and it will be back next issue to spotlight another LDIAA-er...

... it might be our chance to get to know... **YOU!!!**

## Alumni Updates!

### LDI Class of 2013 Donation

The LDI Class of 2013 presented Immediate Past President Jamie Reed with a donation of \$100 to be used for educational purposes. Education Committee Chair Beth Gardner is already dreaming up some great events to put this to very good use. Thank you Class of 2013 – you were the first class to think of the Alumni Association for a donation! Don't forget to join and get your money's worth out of this organization!

### LDI 20<sup>th</sup> Anniversary Conference

Linda has already said a lot about the conference. We mingled with some high powered individuals. Our speakers were pretty impressive, too. Some of the attendees gave us permission to publish their comments here:

**Marla Cattermole**, class of 2010, said: "I would like to say that yesterday's LDI Conference was absolutely awesome. I left there feeling invigorated and inspired by the presenters yesterday. Matter of fact, I am still pumped today. Thanks for all of your hard work in helping to put this together. It really was well done."

**Kimberly Dierwechter**, class of 2012, said: "Thank you ... so much also for all the work you (and others) put into the conference. Everything went so smoothly, and I know that is a testament to the hours and hours of work you all put into it. I really had an amazing time, as did others in my office. Being there reminded me how much I loved LDI, and why that experience was so fantastic and beneficial for me. Thanks again for the opportunity to speak, and for all of your labors to make the conference so successful. Well done!"