



DISHIN' WITH DEBBIE!

FOOD FOR HIGH ACHIEVING INDIVIDUALS

Happy May, All!

"Spring - an experience in immortality." - Henry David Thoreau

"Everything is blooming most recklessly; if it were voices instead of colors, there would be an unbelievable shrieking into the heart of the night." - Rainer Maria Rilke

This month we are exploring recipes that you may associate with the movie *Amadeus* (1984). This movie is an adaptation of a play and is told through the voice of Antonio Salieri (played brilliantly and fiendishly by F. Murray Abram) who is a formidable musician in his own right. Mozart is portrayed as wonderfully gifted musically and horribly flawed (and sometimes, just plain goofy!) in everything else. Salieri worships Mozart initially, but comes to hate him later in his jealousy and obsession. He is eventually driven mad and ends up in the insane asylum. Not exactly a "happy, happy, joy, joy" type of movie- it's downright dark in spots, but Mozart's strange mannerisms inject a little humor.

The movie won eight Oscars including Best Actor and Best Director. There's not much resemblance between the real and the movie version of Mozart- *see right!*

Because Mozart was born in Salzburg, Austria, this edition of DWD will highlight Austrian delicacies. Here goes...



The REAL Mozart (1756- 1791)



The Movie Version (Tom Hulce)



We will start with a traditional Austrian dish called Wiener Schnitzel. "Wien" (the "w" is pronounced like a "v") is the German/Austrian word for Vienna and "schnitzel" is thinly sliced meat (generally veal or pork) coated in bread crumbs and fried. This recipe calls for some prep work, so set out three medium size, shallow bowls.

Wiener Schnitzel

Directions:

- 1) Place each meat slice between two sheets of plastic wrap or waxed paper and gently pound it with the flat side of a meat tenderizer until they are 1/2-inch thick. (Editor's Note: This step is helpful for working out any aggressions you may have! :) If you don't have a meat tenderizer, a hammer will also work well. Just make sure it's clean. You don't want pieces of pain or drywall in your culinary creations!)
- 2) Put the flour in the first dish with the half of the salt and pepper.
- 3) Whisk the eggs and milk together with the remaining salt and pepper and the thyme in the second dish.
- 4) Put the bread crumbs in the third dish.
- 5) Dip the meat first in the flour to lightly coat.
- 6) Dip in the egg mixture.
- 7) Dip in the bread crumbs and press lightly.
- 8) Set aside on a platter lined with paper towels.
- 9) Heat oil and butter in large nonstick skillet over medium high heat.
- 10) Cook the meat until golden brown and crispy, about 3 min per side.
- 11) Remove to paper towels to drain.
- 12) Garnish meat with lemon wedges and additional thyme.

Ingredients:

20-24 ounces of pork loin, cut into slices about an inch thick
1 1/2 cups flour
1 teaspoon each salt and freshly ground black pepper, divided
1 tablespoon chopped fresh thyme or 1 teaspoon dried
2 large eggs
1/2 cup milk
4 cups bread crumbs
2 tablespoons olive oil
2 tablespoons butter
One lemon, thinly sliced

Another Austrian dish is Spaetzle which is essentially a mini flour dumpling that is cooked in boiling water or broth and then sautéed in butter. Definite comfort food! It would make a delicious accompaniment to the Wiener Schnitzel.

Spaetzle



Ingredients:

Two cups flour
2 teaspoons salt
1 teaspoon freshly ground pepper
1 teaspoon ground nutmeg
4 large eggs
1/2 cup milk
6 tablespoons butter
2 tablespoons minced fresh herbs

Directions:

- 1) In a large bowl, combine the flour, salt, pepper, and nutmeg.
- 2) In another bowl, whisk the eggs and milk together.
- 3) Make a well in the center of the dry ingredients and pour in the egg-milk mixture.
- 4) Mix well- the dough should be smooth and thick.
- 5) Let the dough rest for 10 to 15 minutes.
- 6) Bring three quarts of salted water (or chicken broth) to a boil in a large pot, then reduce the heat to keep it simmering.
- 7) To form the spaetzle, hold a large holed colander over the simmering liquid and push the dough through the holes with a spatula. (Editor's note: Since you don't want to crowd the little bathing beauties, you will have to do this in batches.)
- 8) Cook, stirring gently to prevent sticking, for about three minutes or until the spaetzle floats to the surface.
- 9) Dump the spaetzle into a colander and rinse with cold water to stop the cooking.
- 10) Melt the butter in a large skillet over medium heat.
- 11) Add the spaetzle and toss to coat.
- 12) Cook the spaetzle for about two minutes or until very lightly browned.
- 13) Sprinkle with the chopped herbs and season with salt and pepper.

In keeping with my sacred vow to always provide my readership with dessert recipes, here is a recipe for Sacher Torte which is the patron saint (at least as far as desserts go!) of Austria. It's a little complicated to make- but oh, so worth it!

Sacher Torte

Ingredients:

For Cake:

6 ounces chopped semi-sweet chocolate
1/2 cup softened butter
1/4 cup plus 1 tablespoon confectioners' sugar
2 teaspoons confectioners' sugar
6 eggs, room temperature and the yolks separated from the whites
1/2 cup plus 2 tablespoons white sugar
1 cup cake flour

For Icing:

9 ounces chopped semi-sweet chocolate
3 ounces heavy cream

Directions:

- 1) Preheat oven to 350 degrees F.
- 2) Place a circle of buttered parchment paper inside the pan and butter it all.



Sacher Torte
Dessert...continued:

- 3) Melt six ounces of chocolate in a metal bowl placed over gently simmering water.
- 4) Stir frequently until melted, then remove from the heat and let cool slightly.
- 5) Beat the butter together with confectioners' sugar until creamy.
- 6) Mix in the melted chocolate.
- 7) Beat in the egg yolks, one at a time.
- 8) In a clean bowl with clean beaters, beat egg whites with white sugar until stiff.
- 9) Fold into chocolate mixture.
- 10) Fold in cake flour until incorporated.
- 11) Pour into springform pan, and smooth the top.
- 12) Bake until the edges begin to pull away from the sides of the pan, about 45 minutes.
- 13) Cool pan on a wire rack for 15 minutes, then remove the sides of the pan.
- 14) Allow the cake to cool completely.
- 15) Remove from the bottom of the pan and remove parchment paper.
- 16) Slice cake in half horizontally.
- 17) Bring 1/4 cup water and sugar to a boil in a small saucepan.
- 18) When the sugar has dissolved, remove from heat and stir in two tablespoons of rum.
- 19) Brush 1/3 of the syrup onto the cut side of the cake bottom.
- 20) Puree the apricot preserves with 1 tablespoon water until smooth.
- 21) Bring to a simmer over medium heat and cook until thickened, about two minutes.
- 22) Stir in remaining rum.
- 23) Spread 1/3 of the jam mixture onto the cut side of the cake bottom.
- 24) Place the top of the cake onto the bottom.
- 25) Brush the outside of the cake with the remaining syrup.
- 26) Spread remaining apricot preserves over the top and sides.
- 27) Refrigerate until the icing is ready.
- 28) Bring the cream and chocolate to a simmer, stirring constantly until smooth.
- 29) Cool slightly, stirring often, until the chocolate reaches a spreadable consistency.
- 30) Set the cake on a cooling rack set over waxed paper to catch drips.
- 31) Pour the icing on top of the cake and spread around the edges allowing excess icing to drip through the rack.
- 32) Transfer to a plate and store in the refrigerator. Allow cake to come to room temperature before serving.

Whew! But doesn't that just sound delish??

Next month, we will be exploring recipes brought to mind by the romantic *Moonstruck* starring Cher and Nicholas Cage. \Until then...Ciao!

For the rest of the year...

July- *True Grit* (either the original with John Wayne or the re-make with Jeff Bridges- they were both great!)

August- *Forest Gump*

September -*The Green Mile*

October - *The Exorcist*

November - *The Pianist*

December - *A Christmas Story*

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. *Please send recipes to dereihart@pa.gov.* Hurry up and do it now so you



! -*Debbie*