

AUSTRIAN



*** Artisanal Cuisine ***

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- CRAFTSMANSHIP - AUSTRIAN CUISINE basics & usage



Courses: Austrian recipe

Collections: PURPOSE & HISTORY

Source: OCTOPUS OCEAN - Germany



Ingredients

Austrian cuisine offers a blend of down-to-earth home-cooked dishes, fine pastries and regional specialities that are appreciated by both locals and international visitors alike. It is characterised by its diversity, tradition and the combination of savoury and sweet dishes.

Historical & cultural influences

Austrian cuisine is strongly influenced by the Austro-Hungarian Empire and combines elements from Bohemia, Hungary, northern Italy and the Balkans. The coffee house culture, which emerged in the 17th century, continues to play a central role to this day. Beer and wine culture is also significant, with beer being one of the Austrians' favourite drinks.

Directions

Typical dishes

Austrian cuisine encompasses a wide range of main courses, soups, dumplings and desserts. Among the best-known main courses are Wiener schnitzel, Tafelspitz, roast beef with onions, roast pork and paprika chicken. Variations of dumplings, including bread dumplings, potato dumplings and Serviettenknödel, accompany many meat dishes.

Pastries and desserts

Austria is internationally renowned for its pastries. Classic examples include apple strudel, Kaiserschmarrn, apricot dumplings, pancakes and Buchteln. Sweet baked goods such as Ischler, doughnuts or Gugelhupf are an integral part of coffee house culture.

Every federal state has its own specialities.

In Lower Austria, for example, poppy seed noodles, Marchfeld asparagus and Wachau apricots are popular. Styrian cuisine is known for its braised meat and regional game dishes. Viennese cuisine has been strongly influenced by the cuisines of the former crown lands and French haute cuisine.

- CRAFTSMANSHIP -

Classic Egg salad ✓

Courses: Austrian recipe

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

Classic egg salad is a staple at any party buffet and is sure to please everyone. It's a recipe that's easy to prepare in advance.

8 servings

- ☐ 16 Eggs (size M)
- ☐ 4 tbsp Mayonnaise
- ☐ 2 pinch Salt
- ☐ 2 pinch Pepper (black, freshly ground)
- ☐ 2 tbsp white wine Vinegar
- ☐ 6 tbsp Sour cream
- ☐ 1 tsp Mustard

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

To make a classic egg salad, first hard-boil the eggs in a pan of water for about 10 minutes.

Then remove the eggs from the pan, leave them to cool, peel them and chop them into small pieces.

Next, mix the mayonnaise with salt, pepper, vinegar and sour cream in a bowl until well combined.

Fold in the eggs and leave to stand in the fridge for three hours.

Once it has been left to stand in the fridge, season the salad again with salt, pepper and, if desired, a little mustard, and sprinkle with freshly chopped parsley or chives before serving.

NOTE

This salad is also delicious spread on warm bread straight from the oven or served as a simple side dish with crisp vegetables.

Always leave an egg salad to rest in the fridge for a few hours, as this is when the flavours really come into their own.

Kept chilled, it will keep for 2–3 days.

- CRAFTSMANSHIP -

Letscho ✓

Courses: Austrian recipe

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

Letscho is a popular side.

In addition to the vegetarian version, it is often prepared with Kielbasa.

8 Servings

- ☐ 6 Red bell peppers
- ☐ 6 Yellow bell peppers
- ☐ 4 Onions
- ☐ 4 Garlic cloves
- ☐ 400 gr Tomatoes
- ☐ 4 tbsp Oil
- ☐ 6 tbsp Paprika sweet
- ☐ 600 ml Vegetable broth
- ☐ Salt
- ☐ Pepper black
- ☐ Vinegar
- ☐ Sugar

ASSESEMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

Wash the bell peppers, remove the seeds, and dice them.

Peel the onions and garlic and chop them finely. Wash the tomatoes and dice them.

Heat the oil in a large pot and sauté the onions, garlic, and bell peppers.

Season with paprika, stir briefly, and then deglaze with vegetable broth.

Add the tomatoes and simmer over low heat for 20 minutes.

Season to taste with salt, pepper, vinegar, and a little sugar.

- CRAFTSMANSHIP -

Chicken with paprika ✓

Courses: Austrian recipe

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

8 servings

- ☐ 1200 gr Chicken breast
- ☐ 500 ml Sour cream
- ☐ 1400 ml Chicken stock
(clear, or vegetable stock)
- ☐ 2 pinch Pepper
(black, freshly ground)
- ☐ 6 tbsp Paprika
(hot noble sweet)
- ☐ 4 tbsp Oil
(sunflower or rapeseed oil)
- ☐ 2 pinch Salt
- ☐ 4 tbsp Wheat flour (all-purpose)
- ☐ 2 pinch Marjoram (dried)

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

To make the paprika chicken

First pat the meat dry with kitchen roll and cut it into bite-sized pieces.

Then sear the meat in a frying pan with oil, season with salt & pepper, and add the paprika powder.

Stir everything together well – then deglaze with the stock and simmer the meat over a low heat for about 20 min. until tender.

Meanwhile

Mix the sour cream with the flour and 3 tbsp of the liquid from the paprika chicken in a bowl.

When the meat is tender, stir in the sour cream mixture, season with a little marjoram and do not allow to boil again.

NOTE

Taste again before serving and serve with spaetzle, butter dumplings or pasta.

Once you've added the paprika, quickly deglaze with the stock, otherwise it will taste bitter.

- CRAFTSMANSHIP -

Schinkenfleckerl ✓

Courses: Austrian recipe

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

8 Servings

- ☐ 800 gr Fusilli pasta
- ☐ 2 Onions
- ☐ 2 cloves of Garlic
- ☐ 2 dashes of oil
- ☐ 240 gr Ham - cooked
- ☐ 2 pinch(es) of Salt
- ☐ 2 pinch(es) of Pepper
- ☐ 2 pinch(es) of Marjoram
- ☐ 200 gr cheese (any type)

Ingredients for the gratinated version

- ☐ 2 pinch Salt
- ☐ 2 Eggs
- ☐ 400 ml whipping Cream

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

Method

To make the ham pasta, bring a large pan of salted water to the boil, add the pasta and cook until al dente (firm to the bite), then drain and rinse under cold water – (other types of pasta, such as spirals or penne, can also be used).

Next, heat the oil in another saucepan and fry the finely diced onion and garlic until lightly browned.

Cut the ham into small pieces and fry for 1–2 min.

Then stir in the pasta and season with salt, pepper and marjoram.

Sprinkle the pasta with grated cheese and serve with a green salad dressed with pumpkin seed oil.

- CRAFTSMANSHIP -

Coconut Macaroons ✓

Courses: Austrian recipe

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

Ingredients for 20 servings

- ☐ 4 Egg whites
- ☐ 250 gr icing Sugar
- ☐ 250 gr desiccated Coconut
- ☐ 1 dash lemon juice

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

To make these delicious coconut macaroons, whisk the egg whites until stiff – then add the sugar, desiccated coconut and a dash of lemon juice and whisk well again – until a thick cream forms.

Spoon the coconut mixture onto a baking tray lined with baking paper – bake in a preheated oven for approx. 15 mins at 170°C (top and bottom heat).

- CRAFTSMANSHIP -

Kaiserschmarrn ✓

Courses: Austrian recipe

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

9 Servings

Ingredients for the batter

- ☐ 600 gr Flour (type 480)
- ☐ 90 gr Sugar
- ☐ 3 pinches of Salt
- ☐ 12 Eggs (size M)
- ☐ 900 ml Milk
- ☐ 120 gr Butter (for the pan)
- ☐ 90 gr Raisins (dried)

Ingredients for caramelising

- ☐ 3 tsp Butter
- ☐ 3 tsp Sugar

Ingredients for dusting

- ☐ 3 pinches Icing sugar

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

To make this delicious Kaiserschmarrn, first mix the flour, sugar, salt and egg yolks with the milk in a bowl until you have a smooth, thick batter.

In another bowl, beat the egg whites with a hand mixer until stiff, then fold them into the thick batter.

Melt the butter in a large, shallow frying pan (Ø 32 cm) until very hot, slowly pour in the batter, turn the heat down slightly, cover with a lid and cook for around 4–6 min. (the underside should be golden brown).

Then scatter the raisins over the batter, use a spatula to halve or quarter the batter, flip it over and bake for a further 4–6 min. on the other side (with the lid on) until golden brown.

Now tear the finished batter into irregular pieces using two spoons and return it to the preheated oven for a further 6 minutes at 180°C on the hot air setting (without a lid).

Next, remove the Kaiserschmarrn from the oven, add a little butter and sugar, and caramelize briefly on the hob, stirring constantly.

Finally, arrange the Kaiserschmarrn on plates, sprinkle with icing sugar and serve with your choice of compote or apple sauce.

- CRAFTSMANSHIP -

Palatschinken ✓

Courses: Austrian recipe

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

Ingredients for 8 servings

- ☐ 400 gr Flour (405)
- ☐ 800 ml Milk
- ☐ 3 Eggs (size M)
- ☐ 1,5 pinch Salt
- ☐ Dash oil (for the pan)

Ingredients for brushing & sprinkling

- ☐ 1,5 tbsp Sugar, powdered
- ☐ 6 tbsp Apricot jam

To make the batter nice and fluffy, add sparkling mineral water.

For perfect pancakes, use a cast-iron skillet. It distributes the heat evenly, resulting in delicate toasted flavours and a beautiful, golden colour.

By the way, cast-iron skillets are also suitable for induction cooktops.

Directions

To make the pancakes, first whisk together the flour, milk, eggs, and salt in a bowl until smooth.

Let the batter rest for about 10 min. - this will thicken it slightly - then stir it well again.

If the pancake batter is too thick, thin it with a little mineral water or soda water.

Heat a dash of oil in a non-sticky pan (the oil should be very hot but not smoking; this ensures the first pancake turns out perfectly).

Then pour a small amount of batter (preferably using a ladle) into the centre of the hot pan. Swirl the pan repeatedly so the bottom is evenly coated with a thin layer of batter.

Flip the pancake several times with a spatula and cook until golden brown on both sides.

Keep the finished pancakes warm in the oven at about 60° Celsius (top/bottom heat).

Spread or top the pancakes with your choice of ingredients (Apricot jam) and roll them up.