

ANGELIKA KREITNER-BERETITS

*Grandma's
Austrian Pastry
Recipe Notebook*

SWEET FAMILY RECIPES FROM THE AUSTRIAN
KITCHEN THAT BRING BACK CHILDHOOD
MEMORIES.

VIENNA SUNDAY KITCHEN
A BLOG FOR AUSTRIAN SOULFOOD
WWW.VIENNA-SUNDAY.KITCHEN

Preface

"Just take a little butter and a splash of milk, enough until it looks good." – That's how my Austrian grandmother often replied when I asked her about one of her recipes.

When my now 98-year-old granny handed me one of her old recipe notebooks a few years ago – filled with coffee stains, flour splatters, and notes that looked more like treasure maps than cooking instructions – it became clear: these recipes needed to be translated so that I and the generations after me could enjoy them too. From that moment on, I found myself regularly in her kitchen, bombarding her with a thousand questions ("How much is a little bit?") and trying to bring some order to the handwritten notes.

And that's how this book came to be – as a kind of heartfelt, hands-on, and humorous culinary family archive.

It's my attempt to not only preserve my grandma's recipes but also to write them down in a way that others can enjoy them too.

I hope you have a great time reading and trying out these recipes!

Greetings from Vienna, Austria, Angelika Kreitner-Beretits



P.S.: Some ingredients, such as flour and potatoes, can vary in their properties depending on where you live. That's why it's sometimes important to trust your instincts – just like our grandmothers did – and adjust the recipe by feel: add a little flour if the dough is too sticky, or a little liquid if it's too dry and cracks.

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I. Des is a Schmoarn!

p. 13

Literal translation: "This is such a casserole dish!"

Meaning: "This is nonsense!"

Grandma's favorite casserole and pancake recipes

II. Ausseboch'n

p. 25

Dialect word for "fried", very often used by Austrian grannies who wear traditional colorfully patterned work aprons and head scarves day and night, except for church...

Fried baked treats

III. Boch ma wos Feines mit Germteig

p. 39

Dialect for "Let's make something delicious with yeast dough!"

Grandma's favorite recipes with sweet yeast dough

IV. Her mit die Knedln!

p. 58

Literal translation: "Gimme the dumplings!"

Meaning: "Give me the money! This is an armed robbery!"

Foolproof Austrian Dumpling Classics

V. Kuchn & Tuartn bochen

p. 78

Dialect for "baking cakes and pies"

Grandma's most popular cakes

VI. Nudln & Toscherln

p. 96

Dialect for "pasta and pockets"

Pasta and filled pockets

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VII. Ned hudln mim Strudeln

p. 108

Literal meaning: "Don't rush with making a Strudel"

*"Nur ned hudeln" is a typical saying in the Austrian dialect that refers to the coziness of the Austrian lifestyle and shows how much Austrians hate being rushed or stressed.**

Sweet strudel recipes and fillings

**Note from my English sister-in-law: "Except when paying in the supermarket! (Where they throw your food through as fast as possible.)"*

VIII. Jo, ko ma eh a söba mochn wenn ma wü

p. 120

Literal translation: "Yes, you can make these from scratch"

ACTUAL MEANING: "Dear granddaughter... (Granny sighs and shakes head)... back in the days, when I lived on a farm and there was a war going on, and we had to pinch pennies, of course we made these ingredients from scratch. And I still do it like this. But your generation... (sighs again)... they don't have time for this! They don't know how to do this any more! They are too lazy! They rather eat out and have fun... "

Jam, Compotes, and Other Bonus Recipes

Measurement abbreviations

p. 133

Recipe register

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Londoner Schnitten

- 14 kg Butter
- 30 " Zucker
- 3 Eier
- 1 " Mehl
- 30 "

Zu
Butter 10
Mehl
Teig

mit auf ein
Morillen
In den ste

20 " Zucker
Diese sind die
Zucker eine halbe
Rohr begeben

Sehr gut
Wingelbäckerei

- 14 Zucker
- 14 " Mehl
- 14 " Butter
- 1 Ei

zusammen
machen

noch in mittelhessen
heiß in Schnitten
schneiden!

Ein Unter

man kann die Knollen
einen Tag vorher
zum Machen!!!

dass unsere
lebt. Also
prüfung ab
nach dem
es ging
ich ja



Kaiserschmarrn

This Kaiserschmarrn is quick to make and wonderfully fluffy. We love enjoying it as a sweet, vegetarian lunch—often with applesauce or fruit compote on the side. (It's also lovely after a light soup or salad.) You'll find recipes for the sauces and compotes in the final chapter of the book.

**2-4 servings (depending if it's
a main dish or dessert)**

For the batter

3 eggs, medium or large
150 ml milk ($\frac{2}{3}$ cup)
150 g all-purpose flour (1cup)
pinch of salt
3 pkg vanilla sugar (6 tsp/24g)
or 1 tsp vanilla extract
+ 6 tsp sugar
handful of raisins (optional)

Additionally

1 tbsp butter for the pan
powdered sugar for sprinkling

1 Separate the egg whites from the yolks. Whip the egg whites until they form stiff peaks. In a separate bowl, mix the yolks with milk, flour, salt, and vanilla sugar. Gently fold the whipped egg whites into the yolk mixture. If you like, stir in the raisins.

2 Melt the butter in a pan and pour in the batter. Let it cook over medium heat, ideally covered, for about 5 minutes.

3 Flip the Kaiserschmarrn and cook until the other side is golden and crispy. To turn it over, either cut it into quarters or turn the whole Schmarrn over on a plate. Tear it into bite-sized pieces using two forks.

4 Serve warm, sprinkled with powdered sugar.



Grandma's little secret:



"The raisins taste even better when you soak them in rum first!"



Buchteln

For us Austrians, few desserts capture the feeling of home quite like freshly baked Buchteln straight from the oven—especially when served warm, dusted with powdered sugar, and accompanied by a little (or a lot of) vanilla sauce.

12 Buchteln

For the dough

21 g fresh yeast ($\frac{3}{4}$ oz)
or 7 g $\frac{1}{4}$ oz/ $2\frac{1}{4}$ tsp instant dry
yeast (see p. 39)
250 ml milk (1 cup)
70 g sugar ($\frac{1}{3}$ cup)
500 g bread flour (4 cups)
or all-purpose flour
1 pkg vanilla sugar (2 tsp/8 g)
or $\frac{1}{3}$ tsp vanilla extract
+ 2 tsp sugar
pinch of salt
1 egg, medium or large
70 g butter (5 tbsp), at room
temperature
1 tbsp dark rum (optional)
finely grated zest of 1 lemon
(optional)

Additionally

flour for dusting
40 g liquid butter
(3 tsp)
200 g apricot jam ($\frac{2}{3}$ cup)
powdered sugar
vanilla sauce (p. 43, optional)



1 To activate the yeast, crumble and dissolve it in lukewarm (not hot!) milk with 1 tablespoon of the sugar. Let rest 5-10 minutes until foamy.



2 Add the remaining ingredients for the dough and knead everything into a smooth, elastic ball (either by hand or with a dough hook).



3 Let rest for about 60 minutes.



4 Then knead it by hand on a floured surface, adding a little more flour if necessary.



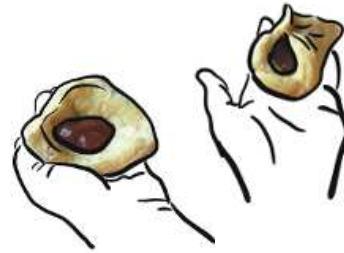
5 Shape the dough into a log and cut it into 12 equal pieces.



6 Roll each piece between your hands to form smooth, round balls.



7 Flatten each dough ball with your hands or roll it out with a rolling pin into discs about 0.5–1 cm ($\frac{1}{4}$ – $\frac{1}{2}$ inch) thick.



8 Fill each with 1 spoonful of jam.



9 Press the edges firmly to seal, making sure no filling can leak out.



10 Spread butter all around the Buchtel...



11 ...and place it in the baking pan.



12 Cover again and let rest for 30 minutes.



13 Meanwhile, preheat the oven to 190°C (170°C fan/ 375°F/Gas Mark 5). Bake for about 30 minutes until golden brown.



14 Serve warm with vanilla sauce and a dusting of powdered sugar.

Brandteighnödel (Choux Pastry Dumplings)

Making dumplings from choux pastry is much easier than it seems at first. The dough is super stretchy, making it perfect for filled dumplings. Plus, it comes together faster than potato dough, and the ingredients are often found in many kitchens.

4–8 dumplings

For the dough

250 ml water (1 cup)
30 g butter (2 tbsp)
pinch of salt
200 g bread flour
(1⅔ cups) or all-purpose flour
1 egg, medium or large
8 whole plums
or 4–6 whole apricots*
or 8 nougat pieces,
chocolate eggs, etc.**

For the breadcrumbs

40 g butter (3 tbsp)
150 g breadcrumbs (1½ cups)
~40 g sugar (3 tbsp)
pinch of cinnamon (optional)

Additionally

powdered sugar for serving



1 In a medium saucepan, bring the water, butter, and a pinch of salt to a boil.



2 Once the butter has melted, stir in the flour and mix well until the dough pulls away from the sides of the pot. Remove from the heat.



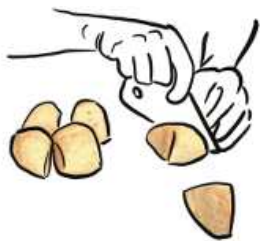
3 Let the dough cool slightly so the egg doesn't cook too quickly, then add the egg.



4 Knead the dough well. Let it cool completely.

**See p. 69 for my grandma's tips for using apricots in dumplings.*

***You can fill choux pastry with just about anything (edible) that comes to mind! The filling just needs to be cooled down. If the filling is sort of round like plums or apricots, it's easier to shape them.*



5 Divide the dough into equal-sized pieces.

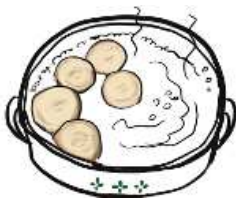


6 Shape or roll out the dough into circles.



7 Fill, seal tightly, and roll into a ball. If you're filling them with plums or apricots, it's easiest to leave the pit inside.

Plums are usually left whole, while with apricots the pit is sometimes replaced with a sugar cube (see p. 69).



8 Place the dumplings in simmering water and cook on a low heat for about 12 minutes.



9 In the meantime, melt the remaining butter in a pan and toast the breadcrumbs for 5-10 minutes over medium heat, until they turn golden brown. Stir constantly, so they don't burn! Add sugar to taste.



10 Dumplings should be drained and rolled in the breadcrumbs.

You can gently swirl the pan in a circular motion so that the dumplings roll back and forth on their own.

But preferably not directly on the stovetop, so you don't scratch it!



Apricot dumplings with potato dough (p. 71)

Tropfenknödel

6 II Margarine - 1 Ei

1 Prise Salz ~~fl~~ flammir
rühren

$\frac{1}{4}$ Tropfen

8 II Brösel

4 II Mehl

in leicht kochenden gesalzenen
Wasser einlegen kochen
dann in Bröselwacke ^{mit} Butter
umbraten mit Zucker Vanille



Mohnnudeln (p. 98)

Mohnnudeln (Poppy Seed Noodles)

Mohnnudeln are one of the most beloved sweet dishes in Austria. Just like other sweet dishes, we often have them as a main course. They are usually served with applesauce, and sometimes with compote.

4 servings

For the dough

400 g starchy potatoes
(about 14 oz),
the type you need for
mashed potatoes
125 g coarse-ground flour
(1 cup) or ~100 g all-purpose
flour and 25 g soft wheat
semolina
pinch of salt
25 g butter (2 tbsp), at room
temperature
1 egg yolk

For serving

80 g butter (6 tbsp)
100-200 g ground poppy
seed (about 1-2 cups)
powdered sugar

*I, personally, prefer them with
LOTS of poppy seeds, but most
of the traditional recipes only
use 100 g.*



Rolling ("Wuzeln") them with your cupped palm helps create the traditional shape.



1 Cook the potatoes (best the day before) in their skins. Peel them and mash them finely with a potato ricer.



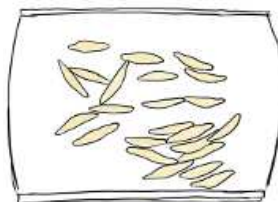
2 Quickly knead the mashed potatoes together with the flour, salt, egg yolk, and butter to form a dough.



3 Cover and let rest for 20 minutes.



4 Roll out thin strands and cut them into evenly sized portions.



5 Roll each piece into a finger-shaped noodle using your cupped palm.



6 Place the noodles in gently simmering water and let them cook over low heat for about 10 minutes.



7 Strain them when they float to the surface.



8 In a pan, melt some butter and toss the noodles in it.



9 Sprinkle with poppy seeds and powdered sugar before serving. Applesauce goes well with it.

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*Names are in
English and
German, so it's,
hopefully, easier to
find a certain
dish...*



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