

SCHLEMMERTOPF

The German way of healthy cooking.



33

Favorite Recipes

Scheurich GmbH & Co. KG, 63921 Kleinheubach/Main, Germany
Tel. +49/9371/507-0, Fax +49/9371/507-101
E-Mail: scheurich@scheurich.de
www.scheurich.de

Your new Schlemmertopf!



Eat well and stay slim with the Schlemmertopf by Scheurich. It allows you to prepare your meals just in the food's natural juices, without fat or oil: Save all liquids, flavour, taste, nutrients and vitamins!

Discover the unlimited possibilities of the Schlemmertopf: everyday recipes, meat, poultry, fish, vegetables and desserts. They are extremely easy to prepare. Cook and serve in the contemporary designed Schlemmertopf. Afterwards, your Schlemmertopf is easy to clean.

Just remember

- Before each use briefly rinse the clay lid under running water.
- Place the Schlemmertopf in cold oven, and set to right temperature. (Gas oven: Turn to low heat; after 10 minutes turn to right temperature..)
- Foods brown in the Schlemmertopf with the lid on. Pre-browning is not necessary. If you want extra browning, just remove the lid for the last 10 to 15 minutes of cooking.
- Note that the lid is not completely tight fitting. This allows any excess steam to escape, adjusting the pressure within the pot and facilitating browning of foods.
- When removing the hot Schlemmertopf from oven, always use oven mitts and open lid away from the body. Place hot Schlemmertopf on a mat or folded towel.
- To clean the bottom portion, use any mild detergent, or put into the dishwasher.
- To clean the lid, use mild detergent. Do not put into the dishwasher.

Contents:

Meat	4
Chicken	8
Seafood	11
Casseroles	13
Vegetable Dishes	14
Desserts	15

Meat

Stuffed Flank Steak

Ingredients:

1 flank steak
salt, pepper, flour
4 cups bread cubes
 $\frac{3}{4}$ cup chopped celery
2 small onions, chopped
1½ teaspoons sage

Have flank steak scored lightly crosswise.

Sprinkle with salt and pepper, dredge with flour and pound well with potato masher. Combine bread cubes, onion, celery and sage. Moisten with water and season with salt and pepper. Spread stuffing over flank steak, roll meat and tie or fasten edge with toothpicks.

Place in Schlemmertopf, cover. Put into cold oven and turn temperature to 375° F, bake for 120 minutes.

Gourmet Beef Stew

Ingredients:

2 pounds lean, stewing beef, cut in 1½-inch cubes
1 onion, sliced
3 tomatoes, quartered
3 green peppers, chopped
1½ bay leaves pinch of thyme,
salt and pepper
vegetables to taste

Mix all ingredients in a bowl. Place in Schlemmertopf, cover and put into cold oven. Turn temperature to 375°F, bake for 80 minutes.

Schlemmertopf Meat Loaf

Ingredients:

2 pounds ground beef
1 egg, slightly beaten
 $\frac{1}{4}$ cup minced onion
1½ teaspoons salt
 $\frac{1}{4}$ teaspoon pepper
1¼ cups condensed vegetable soup
2 cups cereal flakes crushed

Mix ingredients thoroughly in the order listed.

Shape into loaf and place in Schlemmertopf, cover. Put into cold oven and turn temperature to 375° F, bake for 1½ hours.

Beef-Cabbage Rolls

Ingredients:

¾ pound lean beef, ground
1/8 pound salt pork, ground
1 cup cooked rice
1 egg, beaten
½ teaspoon salt, pepper
8–10 large cabbage leaves
¼ cup consommé
2 tablespoons melted butter

In a bowl mix well all ingredients. Put into Schlemmertopf. Cover and place in cold oven. Turn temperature to 375 ° F, bake for 80 minutes.

Roast Beef

Ingredients:

3 pounds beef
4 medium potatoes
4 carrots
4 medium onions, salt and pepper
2 stalks celery, cut in 2-inch pieces
1 bunch parsley, minced
1 clove garlic (optional)
1 bay leaf

Season roast with spices and put in Schlemmertopf. Place potatoes, carrots, onions and celery around roast. Sprinkle with parsley and top with bay leaf.

Cover and place Schlemmertopf into cold oven. Turn temperature to 375°F and bake for 2 hours.

Sauerbraten

Ingredients:

3 pounds beef shoulder
2 cups vinegar
2 cups water
2 teaspoons salt, pepper
½ cup sliced onion
2 carrots, sliced
2 bay leaves
1 teaspoon peppercorns
¼ cup sugar
3 cloves
4 oz sliced bacon
1 cup sweet cream

Rub meat with salt and pepper and place in bowl. Heat vinegar, water, onion, bay leaves, peppercorns and sugar together. Pour hot mixture over meat, cover bowl, and let stand in cool place 4 days, turning meat each day. -

Drain, saving vinegar mixture. Place bacon in bottom of Schlemmertopf, add meat, cover and put into cold oven. Turn temperature to 375°F, bake for 1 hour. Add warm vinegar mixture – and spices, return to oven, bake for another 60 minutes. Remove meat and keep warm. Pour strained gravy into saucepan and thicken with flour or corn starch, add cream.

Stuffed Peppers

Ingredients:

4 large green or red peppers
½ pound ground beef,
salt, pepper and nutmeg
4 tablespoons chopped bacon
6 tablespoons chopped onions
2 tablespoons parsley, minced
3 eggs
¼ cup bread crumbs
¼ cup cooked rice

Mix all ingredients and stuff peppers. Set stuffed peppers into the Schlemmertopf. Cover and put into cold oven. Turn to 375 °F and bake for 60 minutes.

Stew à la Schlemmertopf

Ingredients:

4 oz lamb cubes
4 oz beef cubes
4 oz veal cubes
4 oz pork cubes
2 large onions, sliced
2 carrots
2 celery stalks
2 potatoes, cubed
meat stock

Place the meat cubes in Schlemmertopf and make a layer of vegetables, onions and potatoes. Cover the ingredients with meat stock. Cover.
Put into cold oven, turn temperature to 375° F and let it bake for 2½ hours.

Turkish Lamb

Ingredients:

1½ pound cut-up green beans
2 large onions, sliced
1 large Idaho potato, peeled and sliced
4 large peeled tomatoes
1 pound lamb, cubed,
salt caraway seeds
1 clove of garlic
1 bouillon cube

Mix all ingredients in a bowl, transfer to Schlemmertopf. Cover and put into cold oven. Turn temperature to 375°F and bake for 80 minutes.

Pork Roast with red Cabbage

Ingredients:

2 pound pork roast
1 medium head red cabbage, shredded
1 pinch of sugar
1 onion, sliced
lemon juice or vinegar
1 apple, sliced
1 bay leaf
¼ cup red wine, salt

Salt the cabbage, add lemon juice or vinegar to taste, then the sugar, onion, apple and the wine. Put into Schlemmertopf. Place seasoned pork roast on the ingredients. Cover and put into cold oven, turn temperature to 375 °F, bake for 2 ½ Hours.

Rolled Pork Shoulder

Ingredients:

2 pounds rolled pork shoulder
2 carrots, sliced
¼ cup celery, sliced
1 green pepper cut in strips
2 medium tomatoes, sliced
4 large potatoes, sliced
¼ teaspoon marjoram
salt and pepper
¼ cup onion, sliced

Put all ingredients into the Schlemmertopf , add salt and spices. Cover and put into cold oven. Bake at 375° F for about 2 hours.

Pork Roast Stockholm Style

Ingredients:

3 pounds pork roast, boneless, some extra neck bones
2 large apples, peeled and sliced
½ pound dried prunes, (soaked in red wine overnight)
1 large onion, sliced
6 tablespoons cognac, salt thyme, sweet basil

Put neck bones, onions, sliced apples and 5 soaked prunes in bottom of Schlemmertopf. Sprinkle with cognac, place the pork salted and thyme-rubbed, fat side up, into Schlemmertopf. Cover and put into cold oven. Turn temperature to 375° F for 2 hours. The remaining prunes can be boiled with red wine and served with the roast.

Chicken

Chicken Oktoberfest

Ingredients:

1 frying chicken
5 tablespoons onions, sliced
1 bunch of parsley
butter (optional)
salt and pepper

Salt the chicken inside and outside and fill with sliced onions, parsley and butter. Place in Schlemmertopf, cover and put in cold oven. Turn temperature to 375° F, bake for 90 minutes.

Chicken Legs Napoli

Ingredients:

4 chicken legs
2 onions, sliced
2 green peppers
1 clove of garlic
pepper and salt
cayenne pepper
Parmesan cheese, grated

Lay onions and green peppers in Schlemmertopf, season lightly and add garlic. Season chicken legs with salt, pepper and cayenne pepper and place them into the Schlemmertopf.

Cover, put into cold oven, turn temperature to 375° F and bake for 60 minutes. Sprinkle with Parmesan cheese and return to oven, bake uncovered for 10 more minutes.

Chicken Shanghai

Ingredients:

3-4 pounds frying chicken
1 tablespoon sesame oil (or vegetable oil)
1 tablespoon sherry (dry)
¼ teaspoon red pepper
¼ teaspoon Chinese spices (5 spices)
1 clove garlic, minced
¼ cup soy sauce
¼ teaspoon ginger, powdered or freshly grated
1 teaspoon salt

Mix spices and oil and marinate chicken with mixture for at least 30 minutes. Put some marinade under skin of chicken, place in Schlemmertopf, cover and put into cold oven. Bake at 375° F for 90 minutes. Save liquid for gravy, thicken with cornstarch, serve with rice.

Hungarian Chicken Paprika

Ingredients:

3½-4 pounds frying chicken, cut in serving pieces
2 large onions, chopped
1 green pepper, chopped
1½ tablespoon Hungarian paprika
salt and pepper
4 medium potatoes, cut as for French frying
1 cup sour cream (optional)
4 pieces of bacon, sliced

Put bacon, onions and green pepper into the Schlemmertopf. Add the salted and peppered chicken pieces, sprinkle with paprika. Cover and bake at 375° F for 20 minutes. Add potatoes and bake for another 60 minutes. Remove Schlemmertopf from oven, add sour cream, cover and let stand for 5 minutes. Serve with crusty French bread.

Roast Rock Cornish Game Hens with Pine-Nut-Stuffing

Ingredients:

4 rock Cornish game hens, about 1 pound each
2 teaspoons salt
4 tablespoons melted butter watercress
2 cups chicken stock, fresh or canned
1 teaspoon salt
1 cup finely chopped onion

Stuffing

5 tablespoon butter
1 cup long-grain rice
½ cup pine-nuts
6 tablespoon finely copped fresh parsley

For the stuffing, melt 3 tablespoons of the butter in a 2-quart heavy saucepan over moderate heat. Add the rice and stir constantly for 2 to 3 minutes. Do not let it brown. Then pour in the chicken stock, add the salt and bring the stock to a boil, stirring occasionally. Cover the pan tightly, reduce the heat to its lowest point and simmer for 18 to 20 minutes. Meanwhile, in a small skillet melt the remaining 2 tablespoons of butter and when the foam subsides, add the onion. Cook over moderate heat for 8 to 10 minutes, then add the pine-nuts. Cook 2 to 3 minutes longer, stirring, until the nuts are lightly browned. In a small mixing bowl combine the cooked rice, the onion, pine-nuts and the parsley. Mix gently but thoroughly. Taste for seasoning. Sprinkle the inside of each bird with ½ teaspoon of salt, then pack the cavities loosely with stuffing, truss the birds securely and brush them with the melted butter. Place in a large Schlemmertopf, cover and put into the cold oven. Turn temperature to 375° F, bake for 60 minutes. Transfer the birds to a warm serving platter, pour the pan juice over them and serve, garnished with watercress.

Turkey in Curry Sauce

Ingredients:

1 oz melted shortening (not hot)
2 large onions, sliced
1 apple, sliced, peeled and cored
2 oz coconut
2 tablespoons curry powder mixed with salt
1 bouillon cube
2 cups turkey meat, cut in cubes
2 cup broth
½ cup sour cream

Pour the melted shortening into the Schlemmertopf. Add onion slices, apple, coconut and turkey mixed with the spices. Pour in lukewarm broth, add bouillon cube. Cover pot and bake at 375° F for 70 minutes.

After 60 minutes baking time check if meat is done. If desired, you may add some flour or corn starch mixed with a little white wine or water for thickening. Bake uncovered for 10 more minutes.

Before serving stir in sour cream.

Roast Duck

Ingredients:

1 Long Island duck
4 apples, peeled, cored and quartered
1 onion, sliced
½ cup red wine (optional)
1 whole onion, larded with whole cloves

Salt the duck and stuff with apples and onions. Pour red wine into the Schlemmertopf, place duck, breast down, into pot, cover and put into cold oven. Turn the temperature to 375° F and bake for 90 minutes.

After 60 minutes of baking time, turn duck breast side up and continue baking for 30 more minutes.

Veal Cubes Swiss Style

Ingredients:

5 tablespoons oil
1 ½ pound veal, cubed
1 cup tomato juice
1 cup white wine
½ cup sour cream, salt, pepper, paprika, marjoram

Put tomato juice with white wine, cubed veal, spices and salt in pot. Cover and put into cold oven. Turn temperature to 375° F and bake for 60 minutes. Remove from oven, stir in sour cream and serve.

Seafood

Seafood à la Schlemmertopf

Ingredients:

1 pound fresh or frozen shrimps, cooked and shelled or 2 cups canned
1 pint shelled oysters
1 cup cooked crab meat
½ pound sliced mushrooms
3 table spoons butter
1 green pepper, chopped
2 cups rich cream sauce
2 tablespoons dry white wine
3 tablespoons bread crumbs
½ teaspoon minced parsley
1 small can pimento chopped

Heat oysters in their own liquor until edges curl, drain. Melt 2 tablespoons butter in skillet and cook mushrooms and green pepper 4 – 5 minutes over medium heat. Make cream sauce with 3 tablespoons butter, 3 tablespoons flour, and 2 cups light cream or 1 cup light cream and 1 cup dry white wine. Season to taste and simmer a few minutes. Stir in cooked mushrooms and pepper, parsley, pimento, sherry and seafood. Pour in Schlemmertopf, top with crumbs, dot with remaining tablespoon of butter. Cover, put into cold oven and turn temperature to 375° F, bake for 30 minutes.

Dover Sole Fillets

Ingredients:

2 pounds fillet of sole or fillet of flounder salt
2 tablespoons lemon juice
½ cup dry white wine
½ cup water
½ bay leaf
1 sliced onion
1 cup small shrimp, cooked
1 cup shelled small clams (little necks) or 1 cup shelled mussels, cooked
3 tablespoons flour
¼ cup heavy cream
3 tablespoons grated Parmesan cheese
4 whole peppercorns

Wash and dry fillets and fold tail under. Lay in Schlemmertopf, salt lightly and sprinkle with lemon juice. Pour wine and water over them, add bay leaf, onion and peppercorns, then cover. Put into cold oven, turn the temperature to 375° F and bake for 30 minutes, or until fillets are tender. Melt 3 tablespoons of butter in a skillet and blend in flour. Pour of all the liquid from sole in the oven, you will need 1¾ cups. Add white wine and water if not enough liquid. Now blend this liquid gradually into the flour-butter roux, stir until smooth, add cream, season to taste, and simmer for a few minutes. Scatter cooked shrimps and clams over and between fillets, pour sauce overall. Sprinkle with cheese, dot with 2 tablespoons butter, return to oven and bake for another 20 minutes until top is delicately browned.

Baked Fresh Salmon Steak

Ingredients:

3 pounds salmon steak
¼ pound chopped mushrooms
1 medium onion, minced
2 tablespoons minced parsley
¼ teaspoon tarragon, pepper and salt
2 tablespoons butter (optional)
½ cup sherry
3 tablespoons bread crumbs

Cut salmon in half and lay both pieces in Schlemmertopf, sprinkle with mushrooms, onion, and parsley and tarragon mixed, add salt and freshly ground black pepper to taste, dot with butter and pour sherry around. Cover, put into cold oven and turn the temperature to 375° F. After 30 minutes sprinkle crumbs over top and bake 30 more minutes.

Fish Ragout Helgoland

Ingredients:

1 ½ pound white fish fillet, cut in cubes
3 green peppers, sliced
1 large onion
juice of 1 lemon
1 tablespoon butter, red pepper, salt
1 cup small shrimp
1 cup white wine

Sauté onion slices in skillet for a few minutes. Do not let them brown. Put into Schlemmertopf, add sliced peppers, cubes of fish fillet, sprinkle with lemon juice, season with spices, add shrimps and pour in the white wine over it.

Cover, put into cold oven, turn temperature to 375° F and bake for 75 minutes.

Casseroles

Macaroni, Ham and Cheese Casserole

Ingredients:

1 tablespoon salt
2 cups elbow macaroni, cooked
4 tablespoons butter
4 tablespoons flour
2 cups milk
1 teaspoon salt
1/8 teaspoon cayenne
2 cups cooked ham, cut into 1/4 inch cubes
1 3/4 cups crated sharp Cheddar cheese
1 tablespoon grated onion
2 tablespoons dry bread crumbs
2 tablespoons melted butter

Melt the butter over moderate heat in a small saucepan. Add the flour and cook slightly, stirring until the mixture foams. Add all the milk and stir with a wire whisk until the sauce thickens into a smooth cream. Add the salt and cayenne and simmer over very low heat for about 2 minutes. Pour the sauce into Schlemmertopf and stir in the macaroni, diced ham, 1 1/2 cups of the cheese and the grated onion. Taste for seasoning. Spread the bread crumbs, mixed with the remaining cheese and melted butter, evenly over the top.

Cover. Place into cold oven, turn temperature to 375° F, bake for 40 minutes. Serve directly from the Schlemmertopf.

Hot Ham Mousse

Ingredients:

2 cups cooked ham, ground very fine
2 eggs separated (3 if they are small)
pepper, dash of cayenne
pinch of marjoram
pinch of sweet basil
2 tablespoons Madeira
1 cup heavy cream, or 1 cup medium cream sauce

Add well-beaten eggs yolks, seasonings, cream and wine to the ham and mix well. Fold in stiffly beaten egg whites and turn into Schlemmertopf. Put uncovered into cold oven and turn temperature to 375° F, bake for 40 minutes.

Onion Soup Marseille

Ingredients:

1 pound onion, diced
2 oz butter, melted
2½ pint hot beef broth
8 oz grated cheese
¼ pint white wine, salt, pepper
8 slices French bread
1 inch thick

Pour melted butter into Schlemmertopf. Add onions and spices. Cover. Put Schlemmertopf into cold oven, turn the temperature to 375° F and let cook for 30 minutes. Add hot beef broth and wine, place bread slices on top and sprinkle with grated cheese. Return to oven and bake uncovered for 20 minutes.

Vegetable Dishes

Vegetables Mediterranean Style

Ingredients:

2 pounds young zucchini, washed and sliced thin (not peeled)
4 large tomatoes, quartered and peeled
1 medium eggplant
1 tablespoon olive oil or cooking oil (optional)
2 large green peppers
2 large onions, sliced
1 clove garlic, mashed
salt and pepper, oregano, rosemary
2 tablespoons parsley
1 cup white wine (optional)

Mix all vegetables, place in Schlemmertopf, pour wine over vegetables, cover. Put into cold oven and bake at 375° F for 60 minutes.

Peppers with Cream

Ingredients:

6 green, red or yellow peppers, cut in strips
2 potatoes, sliced
½ pound cooked salami, cubed
2 tablespoons paprika
salt, caraway seeds and pepper
1 cup beef broth
1 cup heavy cream
1 tablespoon chopped parsley
2 tablespoon butter

Mix all ingredients, except butter, in a bowl, then put into Schlemmertopf. Cover and put into cold oven. Turn to 375° F and bake for 60 minutes. When done, add butter and a little white wine. Serve with French bread.

Italian Sausage Casserole

Ingredients:

2 oz bacon, cut in stripes
2 large onions
8 Italian sausages
6 tomatoes, peeled and quartered
1 green pepper, cut in strips
1 cup long grain rice
1 cup beef broth
2 oz grated cheese
salt, pepper, paprika and garlic powder

Fry bacon strips and onions in a skillet until light brown. Now mix all ingredients in a large bowl. Put into the Schlemmertopf and put on cover. Place pot in the cold oven and turn temperature to 375° F, bake for 80 minutes. Check after 70 minutes of baking time. If extra liquid is required, add some warm broth. Sprinkle with grated cheese and bake uncovered for 10 more minutes, until nice and crusty.

Desserts

Baked Apples California

Ingredients:

2 tablespoons butter
2 pounds apples, peeled and sliced thin
1/3 cup raisins
1/3 cup sugar
1 tablespoon cinnamon sugar
juice of 2 lemons
6 tablespoons rum or cognac

Mix all ingredients except rum in a bowl, put into Schlemmertopf. Pour rum over mixture, cover and set into the middle of the cold oven. Turn temperature to 375° F and bake for 40-50 minutes.

Baked Apples California

Ingredients:

1 pound rice, cooked and cold
1/2 cup raisins
1 cup milk
5 eggs yolks
1/3 cup sugar
pinch of salt
peel of 2 lemons
1/4 cup butter
1 can sliced pineapple
10 sweet red cherries pitted
whipped cream
cherry brandy

Mix rice, salt, raisins and milk in a bowl. Beat one half of sugar, vanilla and butter until creamy, fold in egg yolks, add lemon peel. Beat egg whites with rest of sugar until stiff. Fold egg-yolk-mixture into rice, then egg-white-mixture. Put in pot and dot with butter. Cover Schlemmertopf and set on middle rack in cold oven. Turn temperature to 375° F and let bake for 1½ to 2 hours. Garnish with pineapples slices. Sprinkle with cherry brandy, put whipped cream on pineapples and decorate with the cherries.