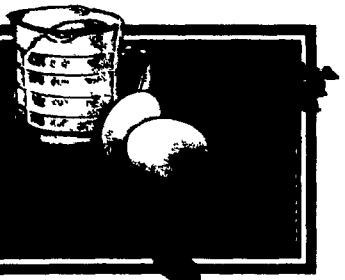




Home on the Range



Bring Oktoberfest Home With Autumn Harvest

Authentic foods like kraut make it simple to start a savory Oktoberfest tradition your family will love. Apart from being an extremely versatile food that is steeped in heritage, kraut provides countless health benefits, adding zest and nutrition to any number of recipes—from soups, to appetizers, to robust entrees.

Since kraut is as much a part of German culture as Oktoberfest itself, it is the essential element in creating your own family food festival. When preparing kraut dishes, authenticity is the key. For the most genuine German flavor, use an authentic, barrel-cured kraut, such as Silver Floss or Krrrrisp Kraut (available canned, jarred, or refrigerated).

Rich German foods—and these recipes—make it easy to bring Oktoberfest home. All you have to do now is add lederhosen and oompah-pah.

SAVORY SAUSAGE AND KRAUT SKILLET

- 2 tablespoon butter
- 1 medium onion, chopped
- 1/4 cup chopped green pepper
- 1 large apple, peeled, cored, and grated
- 2 tablespoon brown sugar
- 1/2 teaspoon caraway seeds
- 12 small red potatoes, cleaned
- 1 1/2 cups sauerkraut, drained, rinsed, and packed
- 1 pound smoked beef sausage or kielbasa, cut into 3-inch pieces

Melt butter in skillet; add onion and green pepper and cook until tender. Add apple, brown sugar, caraway seeds, potatoes, and sauerkraut; mix well. Place sausage on top of sauerkraut mixture. Cover and cook over medium-low heat for 30 minutes.

Servings: 4 to 6
Prep Time: 10 minutes
Cook Time: 30 minutes

PORK CHOPS WITH APPLES AND KRAUT

- 4 1-inch thick pork chops
- 2 apples, peeled, cored, and coarsely chopped
- 1/4 cup raisins
- 1/4 cup chopped walnuts
- 1/4 cup packed brown sugar
- 1/4 teaspoon nutmeg
- 1 can (14.4 oz.) undrained or 1 bag (32 oz.) drained sauerkraut

Preheat oven to 350° F. In skillet, brown chops on both sides for 15 minutes or until brown. Place in 9- x 13-inch greased baking pan. In medium bowl, combine apples, raisins, walnuts, brown sugar, nutmeg, and sauerkraut. Mix well. Divide mixture evenly and mound on pork chops. Cover with foil and bake for 1 hour or until fork tender.

Servings: 4
Prep Time: 10 minutes
Cook Time: 1 1/4 hours

HEARTY OKTOBERFEST ROAST WITH KRAUT AND TOMATOES

- 2 tablespoon butter
- 2 tablespoon vegetable oil
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 (4 to 5 lb.) beef chuck roast
- 2 cans (14 oz. each) whole tomatoes, crushed
- 4 cloves garlic, minced
- 2 teaspoon seasoned salt
- 1/2 teaspoon ground thyme
- 1/2 teaspoon dried parsley
- 1/2 teaspoon ground marjoram
- 2 bay leaves, crushed
- 3 cups sauerkraut, drained, rinsed, and packed
- 1/2 cup packed brown sugar

Preheat oven to 350° F. In large ovenproof roasting pan, heat butter and oil until hot. Combine flour, salt, and pepper on sheet of waxed paper; roll roast in flour mixture to cover. Brown roast in hot butter and oil on both sides. In small mixing bowl, combine tomatoes, garlic, sea-soned salt, thyme, parsley, marjoram, and bay leaves. Pour over roast, cover, and bake for 1 hour.

Uncover roast, and add sauerkraut and brown sugar. Cover and return to oven; bake an additional 1 1/2 to 2 hours or until meat is tender. Serve meat with vegetables and juices.

Servings: 10
Prep Time: 15 minutes
Cook Time: 3 1/2 hours

SAUERKRAUT SOUPAH-PAH (HEARTY SAUERKRAUT SOUP)

- 1 can (14.5 oz.) beef broth
- 2 cans (14.5 oz. each) chicken broth
- 1 medium onion, chopped



Savory Sausage and Kraut Skillet

Photos courtesy of Agrilink Foods

- 1/2 cup chopped celery
- 1/4 cup chopped green bell pepper
- 2 medium potatoes, cubed
- 1 package (14 oz.) frozen whole baby carrots
- 1 package (10 oz.) frozen cut green beans
- 1/2 pound Polish sausage, cut into bite-size pieces
- 1 can (14.4 oz.) undrained or 1 bag (32 oz.) drained sauerkraut
- 1/4 teaspoon pepper

In large kettle, combine broths, onion, celery, green pepper, potatoes, carrots, and beans. Bring to boil. Reduce heat to medium, cover, and cook until vegetables are tender. Add sausage, sauerkraut, and black pepper; simmer for 5 minutes. Serve hot.

Servings: 8
Prep Time: 15 minutes
Cook Time: 30 to 35 minutes

SWEET AND SASSY SLAW

- 1 1/2 cups sugar
- 1/4 cup vegetable oil
- 1/2 cup cider vinegar
- 4 cups sauerkraut, drained, rinsed, and packed
- 1 cup chopped onion
- 1/2 cup chopped celery
- 1/2 green pepper, chopped
- 1/2 red pepper, chopped
- 1/2 yellow pepper, chopped
- 1 teaspoon mustard seed
- 1 teaspoon celery seed

In large mixing bowl, combine all ingredients, mixing well. Cover and refrigerate 6 to 8 hours. Serve as side dish or topping for barbecued pork sandwich.

Servings: 14 to 16
Prep Time: 20 minutes
Chill Time: 6 to 8 hours

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Hearty Oktoberfest Roast With Kraut and Tomatoes

The Surprising Truth About Kraut

- * Contrary to popular belief, kraut originated in China around 215 B.C. Because of kraut's high vitamin C content, the builders of China's Great Wall ate it to combat scurvy.
- * Kraut is naturally low-cal and fat-free.
- * Kraut is one of a few cruciferous vegetables—a family of exceptionally healthy foods. Along with its high vitamin C content, kraut is rich in vitamins A and B.
- * The word "sauerkraut" is German (of course!)—meaning "sour cabbage."
- * Americans annually consume 387 million pounds of kraut, or 1.5 pounds per person.
- * Kraut is nutrient-rich, with healthy doses of phosphorous, calcium, iron, potassium, thiamin, riboflavin, niacin, and fiber. It is also high in lactic acid, which cleanses the body of bacteria, helping to prevent colon cancer.
- * Kraut is America's second favorite hot dog topping, behind mustard.

Festive Facts

- * Oktoberfest began in 1810, when Bavarian King Max Joseph threw a giant wedding celebration for Crown Prince Ludwig (later to become King Ludwig I) and Princess Therese von Sachsen-Hildburghausen.
- * In addition to the wedding, Oktoberfest was dedicated to the fall harvest and to the region's most famous product—beer.
- * Oktoberfest still takes place at Theresienwiese (the Theresie Meadow) in Munich. The 16-day festival annually attracts 6 million visitors who drink 5 million liters of beer and eat over 200,000 pork sausages.

For more recipes visit www.silverfloss.com