

# Die süddeutsche Küche für Anfängerinnen und praktische Köchinnen

By Katharina Prato Edle von Scheiger, 1902

## Gugelhupf. Beaten\*. (pp.508-9)

Sprinkle 2 dl (200 g) yeast with milk, a little flour and 2 teaspoons of sugar to make a thin fermentation test<sup>1</sup>, and leave to rise. Then sieve 7 dl (700 g) warm flour in a bowl, add a little salt and a little vanilla (or lemon peel, crushed anise, or even mace), 2 or 3 egg yolks, which have been whisked together with 1 dl (100 ml) milk, 7 dl (700 g) lukewarm butter or lard and add the yeast mixture and mix everything together. If the dough is not soft enough, add a little more milk. Beat the dough thoroughly straightaway, then mix in three handfuls of raisins. Now butter or lard the Gugelhupf tin thoroughly, scatter with flaked almonds, and fill the tin half full with the dough and leave to rise until it is full. Bake the Gugelhupf for up to one hour and coat it once with butter during baking. When it comes away from the sides of the tin, it is fully cooked and can be turned out immediately, coated with plenty of butter and covered with a serviette. Do not put it in a cool place straightaway.

You can similarly prepare Gugelhupf from a chilled yeast dough (p.81)

Beaten Gugelhupf is even finer when you used 7 dl (700 g) flour, 4 or 5 egg yolks, 10 dl (1 kg) butter, and cream instead of milk, 7 dl (700 g) sugar, a little vanilla (or lemon or bitter orange peel), add 14 dl (1.4 kg) raisins and a handful of pine nuts or flaked almonds to the dough and coat the baked Gugelhupf with vanilla sugar after removing it from the tin.



Marble Guglhupf



Guglhupf form

## Strudel Pastry. (p.70)

**No.1.** Take 3 ½ dl (350 g) fine flour on the pastry board, sprinkle an egg or just an egg white with a little salt and lukewarm but not boiling water and knead it with the flour until you have a soft dough, which at first will stick both to your hands and the board. When it begins to come away, lay it on a floured part of the board, wash your hands and work the dough until it starts to blister, at which point flour your hands more frequently. Then coat it with lukewarm water, cover with a cold dish if it is soft, or a warm dish if it is hard, and leave it to rest for half an hour.

<sup>1</sup> Fermentation test: The author has used an Austrian expression, *Dampf!*, which is a means of testing whether or not the yeast is active.

Now spread a cloth over a table and sprinkle it with flour. Place the slightly stretched dough on the cloth and pull it out all round with both hands until it is quite transparent. If there is only one person to pull it out, you will have to use a rolling pin so that it holds. If two people can work on it, both can use floured hands beneath a little stretched dough and pull it with the backs of their hands until it is thin enough in the centre, after which it is left on the cloth and drawn outwards thinly all the way round with the fingers. Cut away the remaining thick edges.

Spread the dough with the filling and slowly lift up the cloth on one side slowly with both hands so that it rolls up.



If the strudel is going to be baked, turn it into a crescent shape and place in a buttered casserole. To steam it, shape it the same way and place on a flat tin.

If you are going to simmer it, cut it into three or four finger-length slices prior to cooking; however, before cooking, use the handle of a floured wooden spoon to press down the edges where you have cut it, so the filling does not come out. You can also shape it to a crescent and place it in a casserole

and steam it whole and cut it afterwards.

**Notes:** Measurements: I have converted the original decilitres to grams and millilitres for ease of modern cooks.

I have retained Katharina Prato's spelling, *Gugelhupf*, which may also be spelled *Guglhupf*. This classic Viennese sponge is sometimes rendered in English as Bundt Cake after the type of tin used, a charlotte bund.

\*Beaten, as opposed to the other type of yeast dough, which is stirred.

Other cookbooks consulted:

Lotte Scheibenpflug: *Das Beste aus Österreichs Küche*, Pinguin-Verlag, Innsbruck, 1970

Gretel Beer: *Austrian Cooking*, André Deutsch, 1954, 1979

Elisabeth Mayer-Browne: *Best of Austrian Cuisine*, Hippocrene, New York, 1997/2001

A. Cutler & C. Wagner (English translation: Mý Hué McGowran): *The New Sacher Cookbook*, Pichler, 2005

Susan Spaul and Fiona Burrell: *Leiths Baking Bible* (Bloomsbury, 2006)