

The Portland Observer respectfully requests all comments, and/or family recipes that you would like to share with us are addressed in email to: www.foods@portlandobserver.com

FOOD

Oktoberfest

Get out the lederhosen and steins—it is the season for Oktoberfest. Before you tap the keg and turn up the oom-pah, here's a bit of history about the event and the beer style both named Oktoberfest.

Oktoberfest is an event that celebrates the abundance of the fall harvest; which takes place during the 16 days before the first Sunday in October. This year Oktoberfest began on Saturday, September 22, and ends Sunday, October 07.

What goes best with an Oktoberfest? If a stein is in one hand, the other usually holds a

wurst or sausage. At the Munich Oktoberfest, the food is served in gargantuan portions: haunches of oxen and whole chickens are spit-roasted, and myriad sausages are steamed and served with sauerkraut and onions. American sausage-makers all make flavorful sausages—beef, chicken, pork or veal—often flavored with fresh herbs and seasonings—that complement the breadly, malty notes of an Oktoberfest beer.

The following recipes will help you create an Oktoberfest menu that celebrates the fall harvest's abundance.



Sausage Cooking Tips

- Cook fresh sausages over gentle heat so the interior fully cooks.
- Sausages can be steamed, simmered, fired or grilled. Try a combination of methods.
- Before cooking, prick the skins to prevent bursting.
- To heat cooked fresh sausage, bring a pan of water or beer to a boil. Turn off the heat, add the sausages and cover for 10 to 15 minutes.

- Reheat sausages in hot water, but avoid boiling them as their skins will split.
- Onions in the cooking liquid add flavor to sausages.
- Parboil fresh sausages in water or beer before grilling or frying.
- Beer adds a stronger flavor than water. Malt-heavy beers add sweetness and are good for strongly flavored sausage. Lagers add a slight bitterness and complement sweeter style sausages.



All the Wurst for Ware

Weisswurst is the traditional sausage served at "Weiss"—as the locals call Oktoberfest—but dozens of other wursts are also served. Here are a few of them:

- **Bierschinken**—a large slicing sausage with chunks of ham and pistachios
- **Bierwurst**—coarse-textured slicing sausage flavored with juniper berries and cardamom
- **Blutwurst**—blood sausage, which comes in many varieties; it is eaten sliced and cold or fried like black pudding
- **Bratwurst**—a pale, smoked sausage made of finely minced veal, pork, ginger, nutmeg and other spices; usually comes raw and must be cooked, but precooked bratwurst is also available (reheat before serving)
- **Braunschweiger**—a spreadable smoked-liver sausage enriched with eggs and milk; the most well known of the liverwurst sausages
- **Cervelat**—similar to Italian salami, a slicing sausage of pork and beef, spices and often mustard or garlic; **Thuringer** is a common variety of German cervelat
- **Knockwurst; knackwurst**—a short, plump smoked sausage needing poaching or grilling; contains finely minced lean pork, beef, spices and, notably, garlic; often served with sauerkraut
- **Wienerwurst**—believed to be the origin of American frankfurter; beef and pork flavored with coriander and garlic
- **Weisswurst**—German for "white sausage" and is very pale and delicately flavored; made of veal, sometimes beef and pork, cream and eggs; a specialty of Munich and traditionally served at Oktoberfest with rye bread, sweet mustard and, of course, beer.

Ingredients for life. SAFEWAY

4.99 lb
CLUB PRICE
Rancher's Reserve Angus Beef Ribeye Steak
Bone-in. SAVE up to \$6.00 lb.

1.49 lb
CLUB PRICE
Lean Ground Beef
80% Lean, 20% Fat. SAVE up to \$1.80 lb.

99¢ ea
CLUB PRICE
Northwest Grown 10-lb. Bag Russet Potatoes
SAVE up to \$1.00 ea.

9.99 ea
CLUB PRICE
Butcher's Cut Bacon
6.5-lb. Limit 1. SAVE up to \$10.00 ea.

3.99 lb
CLUB PRICE
Medium Raw Shrimp
\$1 to \$0.25. Cooked Hormone Free. Sold in a 2-lb. bag. Bulk price \$4.99 lb. Frozen/thawed. SAVE up to \$4.00 on a 2 lb. bag.

99¢ lb
CLUB PRICE
Crisp Fuji Apples
SAVE up to \$1.00 lb.

1.99 lb
CLUB PRICE
Fresh Asparagus
SAVE up to \$3.00 lb.

October is Breast Cancer Awareness Month

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"Join us in the fight to help educate and find a cure for breast cancer." —Melissa Etheridge

Please donate at any checkstand.

Beer-Braised Brats

"Try the cranberry-pickle relish; it's a perfect compliment to enhance the distinctive flavor of the brats."

Ingredients

- 2 Tbs. butter
- 1/2 cup thinly sliced onion
- 1 12-ounce bottle or can, dark German beer
- 1 Tbs. packed brown sugar
- 1 Tbs. vinegar
- 1/2 tsp. caraway seeds
- 1/2 tsp. dried thyme, crushed
- 1/2 tsp. Worcestershire sauce



- 5 uncooked bratwurst links (1-1/4 pounds)
- 5 hoagie buns, bratwursts buns, or other crusty rolls, split and toasted
- 1 recipe 'easy cranberry-pickle relish' *see below

Directions

1. In a 4-quart Dutch oven, heat butter over medium heat. Add onion; cook and stir about 5 minutes or until tender. Add beer, brown sugar, vinegar, caraway seeds, thyme, and Worcestershire sauce. Bring to boiling; reduce heat. Place bratwursts in beer mixture. Cover and simmer for 10 minutes.
2. Using tongs, remove bratwursts from cooking liquid. In a grill pan or 10-inch skillet cook bratwursts over medium heat about 10 minutes or until golden brown (160F), turning occasionally. If desired, return the bratwursts to cooking liquid to keep warm until serving time.
3. To serve, place grilled bratwursts in buns. Using a slotted spoon, top with onion slices and cranberry-pickle relish. Makes 5 sandwiches.

Easy Cranberry-Pickle Relish

In a small bowl, combine 1/2 cup canned whole cranberry sauce and 1/4 cup sweet pickle relish. Makes about 3/4 cup.

What to serve with your wurst?

- **Mustards:** sweet, hot, spicy, coarse and smooth; set out a variety of mustards to complement the wide range of sausages.
- **Breads** can be soft rolls; dense rye or black breads; caraway, poppy seed, and other seeded breads and rolls; sour doughs and whole grain breads; and hot, soft pretzels (especially good with mustard).
- Don't forget the **sauerkraut!**
- **Authentic German beer**, of course, is the drink of choice. Oktoberfest style beers are amber colored, sweet, very malty and traditionally the first beers of the season. Weissbier is the perfect complement to Weisswurst, as its lighter body and flavor won't overpower the delicately seasoned sausage.

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CLUB PRICE
25 oz selected varieties
SAVE up to \$1.00 ea.

2.53 gal
CLUB PRICE
Lucerne Milk
Gallon. Whole, 2%, 1%, Skim Supreme or Fat Free. At checkstand, first item will scan at regular price, second item will reflect savings.

4.95 ea
CLUB PRICE
Wishbone Salad Dressing, Kraft Mayonaisse or Miracle Whip
32-oz. May. 7-oz. Sprinklers or 16-oz. Bottles. Selected varieties. Limit 4. Club Price: \$1.25 ea. SAVE up to \$9.38 on 4.

2.94 ea
CLUB PRICE
Nabisco Chips Ahoy!
10.6 to 16-oz. Selected varieties. Club Price: \$2.00 ea. SAVE up to \$3.50 on 2.

3.99 ea
CLUB PRICE
Refresh Water
24-pack, 16.9-oz. SAVE up to \$1.50.

2.96 ea
CLUB PRICE
Entenmann's Line Sale
Selected sizes and varieties. Club Price: \$3.00 ea.

9.90 ea
CLUB PRICE
Buy 6 bottles or more and your price per bottle.
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ONE WEEK ONLY!
October 3 thru October 9

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with card and coupon
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