

Potthast with Pork (Potthast vom Schweinfleisch)

Submitted By: Ferd Potthast

My friend discovered his name (which in German means, virtually, stew or goulash – i.e., a 1-pot meal, made easily or in haste) was available in/around Münster (in Westphalia) on many restaurant menus – a little research produced these recipes.

Ingredients:

3 lbs lean pork

1 lb chopped onions

1 bay leaf

1 bunch chopped green vegetables (as used in soup: carrots, parsley, celery, leeks...)

1/2 tsp pepper

Salt, to taste

Flour &/or breadcrumbs (optional)

Directions:

Place all ingredients in saucepan or casserole dish – cover with water – cook on low heat. When meat loosens from bones, remove pieces of meat from the dish, clean meat from bones and slice into strips. Place meat back in pan & continue cooking slowly till contents thicken beautifully. Flour and/or bread crumbs may be added to help thicken the gravy.

Serve with fried or boiled potatoes, red beets, etc.

Something sweet is also good with pork: applesauce, cranberries, etc.

Serves: 6+

Pepperpotthast with Beef #1 (Pfefferpotthast vom Rind #1)

NOTE: old-time recipes often were vague as to directions, amounts, temperatures, etc. – back then there weren't always clocks + cook stoves had uneven heat + many recipes involved experienced judgment calls. Some expressions from my friend's mother show up in these recipes (in italics) ... to maintain the flavor of such cooking experiences. This dish is often on fall/winter menus in the Westfalen-Frieden area of Germany today.

Ingredients:

2 lbs beef, cut into small pieces

1 lb cut/chopped onions

1 bay leaf

1 bunch chopped green vegetables (as used in soup: carrots, parsley, celery, leeks...)

1/2 tsp pepper

Pinch (*ein bisschen*) salt, to taste

Bit (*ein bisschen*) of vinegar, to taste

Lemon, to taste (optional)

Dry bread (optional)

Directions:

Place all ingredients in saucepan or casserole dish – cover with water. Turn on the *fire* (stove) & *cook till the meat is done* (be sure meat is always covered with the stock). Shred a piece of *black bread* (dry bread) or a piece of toast and sprinkle over meat – stir till all thickens beautifully. Season with salt , pepper & vinegar (or lemon) *to taste*.

Serve with boiled potatoes, red beets, cucumbers, etc.

Serves: 4-6

Pepperpotthast with Beef #2 (Pfefferpotthast vom Rind #2)
This is the most recent/most common Potthast dish.

Ingredients:

2 lbs beef (taken from the *back* [steak cuts] or *high ribs* [best ribs or *hohe Rippe*]) cut into *walnut* sized pieces
1 1/2 lbs of peeled onions sliced
1 bay leaf
Toast (*Zweibach*), ground
Lemon, to taste
Salt, to taste

Directions:

Brown meat & onions in 2 TBS lard + 1/2 tsp ground pepper, add a bay leaf + the meat stock. *Cook slowly till meat is done* (be sure meat is always covered with the stock). Continue to stir slowly – generously sprinkle in ground toast till stock thickens. Shortly after cooking is finished, sprinkle with salt & lemon.

Serve with boiled potatoes, red beets, cucumbers, onions, etc.

Serves: 4-6