Recipes from Luxembourg

**Starters**

**Green Bean Soup - Bou'neschlupp**

Take 2 parts sliced green or wax beans and 1 part diced potatoes and chopped onion. Cover and boil in water until soft. Fry 4 slices of bacon and add bacon bits and fat to soup. Add about ½ pint of cream and simmer (sour cream is even more delicious). Some people like to add a "Mettwurscht" (sausage) to their "Bou'neschlupp"

**Nettle Soup - Brennesselszopp**

Use only the very top fresh shoots, picked in early springtime. Fry a finely chopped onion in a little butter, then add the nettle shoots and continue on a medium heat. After a couple of minutes add three quartered potatoes and a liter of meat stock. Cook for half an hour, and then mix well in a blender. Add seasoning to taste, and some cream. Serve with croutons.

**Potato Soup - Gromperenzopp**

Remove green stalks and roots from 4 or 5 leeks. Wash well and cut into small pieces. There should be approximately 1½ cups. Melt 1 tablespoon butter in a heavy soup pot. Add leeks and sauté slowly on a low heat until leeks are soft and transparent. Dice 4 or 5 pared potatoes (approx. 3½ cups), add to leeks along with 3 cups boiling water and 2 teaspoons salt. Cook for 30 minutes. Strain mixture through sieve or food mill and return to the pot. Add 3 cups boiling milk, stir constantly and add 1 tablespoon butter. Then add 2 egg yolks blended with 1/2 cup cream slowly to hot soup (sour cream may be used). Add salt and pepper and finely chopped parsley if desired.
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**Potato Dumplings - Gromperekniddelen**

Ingredients:

- 1½ cups cold mashed potatoes
- 2 eggs beaten
- ¼ cup flour
- ¼ teaspoon baking powder
- ½ teaspoon salt

Mix thoroughly, shape into balls on floured board and drop into boiling salted water (1 tsp. salt).
Cover and boil 25 minutes. Garnish with buttered browned bread crumbs.

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**Fish Dishes**

**Trout in Riesling Sauce** *(serves 4) - F'rell am Rëisleck*

Ingredients:

- 4 nice trout (1/2 lb. each),
- 7 fluid oz dry Riesling (or Elbling),
- 10 fl oz fresh cream,
- 2 oz unsalted butter,
- parsley,
- 3 shallots,
- a pinch of chervil,
- a twig of tarragon,
- chives,
- salt, pepper and paprika

Clean, wash and dry the trout with a cloth. Sprinkle them with salt, pepper and flour. Melt
the butter in a pan and fry the trout gently 2 to 3 minutes on each side.
Meanwhile butter a stew pan and place the trout in it. Fry the finely chopped herbs in your
frying pan, add the dry Riesling wine and pour this mixture on the trout in the stew pan.
Add the fresh cream, season to taste with pepper, salt and a pinch of paprika and place the
stew pan into a hot oven. Cook for 15 to 20 minutes basting the trout occasionally.
Take out the trout and put them on a hot plate. Boil your sauce while whisking until thick.
Cover the trout with the sauce and serve with boiled potatoes.
"Friture" is the dish of the Moselle region. After a pleasant Sunday afternoon stroll through the vineyards, one should seek out a typical Moselle restaurant. Don't look at the menu for long. Order "Friture". And don't forget, fish should swim; so study the wine list. Fish should swim first in water, then in hot fat, and lastly in good wine. A first class Riesling is the best. Friture can of course be prepared at home.

For 4 persons:

- Approximately 60 small fresh water fish
- 4 lemons
- 3-4 eggs (depending on size)
- freshly milled white pepper
- a bunch of parsley
- deep frying oil
- pork fat
- flour

First the fish should be *discalced*. This is done by holding the main fin and scraping the fish with a short, not too sharp knife, in the direction of the head. With a very sharp knife, slit the length of the belly of the fish and remove the entrails.

Dip the fish in salt and pepper, pour the juice of the lemons over them and ensure that they are thoroughly coated.

Put 150 gram of flour in a bowl and dip each fish into it until covered. In farmhouse cooking, the fish would also be dipped in a beaten egg and drained. In a deep fryer mix oil (3/4) and pork fat (1/4) and heat to 180°C.

Cook the fish in portion quantities until golden brown. Serve on a preheated plate and garnish with slices of lemon.

As Friture are traditionally eaten with the fingers, it is wise to supply guests with a bowl of fresh lemon water. That is to wash their hands, and not to drink. For that purpose, Riesling is used.
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**Mussels Luxembourg Style - Moulens**

Mussels are a very popular dish in Luxembourg. From October until February (the months with an "R") there is hardly a restaurant whose menu does not have the obligatory "Moules Marinières" or "Moules à la Luxembourgeoise". In every case mussels are served with pommes frites.

For 4 persons:

- 3-4 kilos cleaned mussels
- 2 leeks, 1 carrot, 1 onion, 1-2 shallots
- 1 large stick of celery and some celery leaf
- a bunch of parsley
- 5 bulbs of garlic
- ½ bottle of Riesling
- 150 gr. butter
- Pepper and Salt
- a sprig of thyme
- 2 tarragon leaves

Do not fear; 3-4 kilos of mussels are not too much. Take each mussel individually, and make absolutely certain that its shell is tightly closed. Remove any algae and clean the shells of any impurity with a short sharp knife. Put the cleaned mussels in a bowl of water. Throw away any which do not pass the test.

Press the mussel and rub the two sides of the shell together in a light scissors movement. A healthy mussel will close again by itself. Any others should be discarded, as should any about which you are in any way doubtful. Wash the mussels thoroughly by rubbing them vigorously together. Change the water 2 or 3 times.

There is another mode of testing the mussels if you are still not sure. Place the mussels in cold salt water. A living mussel will open slightly and sink to the bottom. After 2 hours throw away any which are still on the surface.

Now the preparation:

Clean all the vegetables, except the garlic, and chop them very finely. Allow the butter to reach room temperature so that it is soft.

Lightly fry the onion and shallots in 50 gram of butter in a large pot, and add all the chopped vegetables and the thyme and tarragon, also finely chopped. Pour ¼ of Riesling, and allow simmering for a quarter of an hour.

During this time, crush the garlic, and mix with the remaining 100 gram of butter. To this add a little freshly milled pepper.

Put the pot on a very high heat, and drop the mussels into the boiling contents, pouring in the rest of the wine. Cover firmly. Every two minutes stir with a circular movement to make sure the mussels do not remain at the bottom of the pot.

After ten minutes almost all the mussels should have opened. Now put the garlic butter in the pot. In two or three minutes, with regular stirring, the sauce should have mixed thoroughly. Sprinkle with freshly chopped parsley, and serve immediately.

Crisp pommes frites should be served with mussels, and an outstanding Riesling. Luxembourg's Belgian neighbors often drink a cold beer with their mussels.
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Pike in Green Sauce - *Hiecht mat Kraïderzooss*

It is always best to soak the fish for twenty four hours in fresh water, changing occasionally.

For 4 persons:

- 1 pike (1-1½ kilos)
- 1 bayleaf, and some peppercorns
- 1 carrot, 1 onion, and some celery
- Riesling

For the sauce:

- 50 gr. Butter
- 1 handful sorrel and chervil
- a bunch of parsley and some chives, pepper and salt
- ¼ litre sweet cream

In order to serve the fish whole, a large fish kettle or something similar is required.

Boil the vegetables and spices for 45 minutes to produce a stock to which a glass of Riesling should be added.
While this is being done, clean and decale the fish.
Put the stock in the fish kettle, and place the fish on the riddle therein.
Bring to the boil and continue to cook, with the lid on, for about an hour.
During this time butter a casserole and lightly cook the sorrel and chervil on a low heat.
Pour in half a cup of stock, add the cream and boil for a short time. Add salt and pepper to taste.
Lay the poached fish on a pre-heated plate. Mix the freshly chopped parsley and chives into the sauce, and immediately pour it over the fish.
Serve with boiled potatoes and a green salad.

A fine Luxembourg Riesling should accompany this dish.
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Crayfish Luxembourg Style - *Kriibsen*

Until the 1930's, crayfish were common in Luxembourg waters. However they rapidly disappeared when the waters became polluted. One or two streams have become clean again, and there are once more crayfish in Luxembourg, although in small quantities. Imported crayfish are still the norm.

For 4 persons:

- 48 living crayfish
- 2 shallots, 1 carrot,
- some green celery, a sprig of thyme
- chopped parsley and tarragon
- 1 bay leaf
- 100 gr. butter
- salt and freshly ground pepper
- ¼ liter Luxembourg Riesling + ¼ liter fish stock, or
- ½ liter Luxembourg Riesling

Chop the vegetables very finely, and mix with the parsley and tarragon. Lightly fry the vegetables in 50 grams of butter, pour in the Riesling and fish stock, and simmer for twenty minutes. Do not forget the thyme and bay leaf. Add salt and pepper to taste.

Now send sensitive people from the kitchen and take the crayfish. First of all make sure they are all alive. Place sieve ready, take a crayfish and lay it on a chopping board. Hold the tail in one hand, and take hold of the central fins, tearing them out in one movement, twisting at the same time. Make sure the thin blue-black intestine is thoroughly removed, as it tastes terrible.

Place the simmering vegetables on a very high heat and bring to a boil. Throw the crayfish straight in together. Cover and continue to boil hard. Stir from time to time. They are ready in about ¼ hour.

Serve on a very hot dish. Having mixed in the rest of the butter, pour the contents of the pan over the crayfish and garnish with the parsley. The meal should be eaten with one's fingers, and a fine Luxembourg Riesling should be served as an accompaniment.
Meat Dishes

Black Pudding - *Trèipen*

Cook the head, lungs, kidney and tongue of pork until done. Save the water it was boiled in. Remove bones and grind.

Grind and add:

- 2 cooked cabbages
- 4 raw onions
- 3 or 4 slices dry bread (soak in water meat was cooked in)
- 1½ handful salt
- ½ handful pepper
- small handful herbs

Add pig's blood (about 3/4 liter) and 3 or 4 cups water meat was cooked in and mix well. Fill casings with mixture. Then cook rings of Trèipen in boiling water in open kettle. Sausages are done when clear juice spurts out when they are punctured with needle. Hang sausages to cool. When ready to use, heat well in frying pan or in oven.

Ham in Hay - *Haam am Hée*

This recipe comes from the very north of Luxembourg.

Ingredients:

- 1 shoulder of ham, lightly smoked, of about 4 kilos
- Hay
- 3-5 litres water

Take a very large metal container, even a washing boiler, and pad it out with the hay. Pour between three and five litres of water over the hay.

Lay the ham on the hay in such a manner that it does not touch the water, so that it is cooked by steaming. If necessary add hay during the cooking process. The pot should be covered.

Place the pot on the heat. From time to time add water, to replace that which has evaporated. Cooking time is about 20 to 25 minutes per half kilo.

The cooked ham should be presented on a bed of hay, and served with pommes frites and salad.
Smoked Collar of Pork With Broad Beans - *Judd Mat Gaardebou'nen*

Soak the meat for 24 hours, and then bring to the boil in the same water. Change the water after half an hour and add vegetables as if for a hot pot. Cooking time for an average sized collar: 1½ - 2 hours. Make sure the water does not boil too fast.

Broad Beans: To get them right, the most important ingredient is savory. Cut some savory very finely. Cube one onion, and some streaky bacon. Brown lightly in butter, add the beans and some stock. Season, and add 1 soup spoon of flour. Cook for a further 20 minutes. Before serving, add parsley and some double cream.

Note: This dish has been become regarded as the National Dish of Luxembourg, and hails from the village of Gostingen. The villagers there have often been called "Bou'nepatscherten" by their neighbors, jealous of the fact that the best broad beans grow in the area. Indeed these are celebrated annually in a "Bean Feast".

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**Chicken in White Wine - *Hong am Rëisleck***

For 4 persons:

- 1 chicken of about 1.5 kilos
- 4 shallots, a clove of garlic, and parsley
- 75 gr. butter
- 100 gr. cream
- 1 egg-yolk
- ¼ liter Riesling, and a small cup of meat stock
- 1 tablespoon flour
- 1 spirit measure of Cognac
- 150 gr. mushrooms
- salt, pepper and a little nutmeg
- 2 tablespoons oil

Quarter the chicken, and lightly brown them in half the butter in a stewing pan for about 5 minutes, then season. Put in the shallots, parsley and garlic, finely chopped. Continue to cook on a low heat.

Flambé the meat with the Cognac, and then pour in the Riesling and the stock. Simmer on a low heat for thirty minutes.

Chop the mushrooms and fry them lightly in the remaining butter. Then add them to the pot. A few minutes before the end of the cooking time, blend the flour, cream and egg-yolk. Pour this sauce over the meat without cooking further, and season to taste.

Serve hot with noodles or dumplings.
**Tripe - Kuddelfleck**

For 4 persons:

- 750 gr. boiled tripe
- 2 eggs
- Flour, salt and pepper
- High temperature oil

For the Sauce:

- 1 shallot, 2 gherkins, 2 teaspoons of capers
- parsley and chives
- 50 gr. butter
- 1 heaped tablespoon of flour
- ½ liter broth or meat stock
- Elbling

Tripe is available ready boiled at the butcher's shop. Cut it into rectangles of 5 x 8 cm. Take two soup bowls. In one mix the eggs, salt and pepper. Put the flour in the other. Dip the pieces first in the egg, and then in the flour.

In the meantime the oil has been heated in a pan. The pieces are then fried on both sides until crispy. Put the pieces when cooked on a preheated plate covered with a paper napkin.

Preparation of the sauce:
It is best to prepare the sauce prior to frying the tripe. It takes about twenty minutes to cook.

Fry the finely chopped shallots in some butter, and place to one side. Melt the rest of the butter on a strong heat. Sieve and stir in the flour, allowing it to brown.

Take the pot from the heat and slowly add the stock, still stirring. Cook for a while longer, stirring occasionally. Add a good slug of Elbling or other dry white wine.

Add the cooked shallots, the gherkins, finely chopped, and the capers. Season to taste with salt, pepper, and perhaps Tabasco. Add the parsley and chopped chives.

Serve with boiled potatoes, and a good Elbling. This dish can equally be prepared with a tomato sauce.
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**Buckwheat Dumplings** - *Stäerzelen*

Boil a litre of salted water. As soon as it comes to the boil add 1 pound of buckwheat flour and remove the doughy mass immediately.

Then repeat the following process:
Dip a dessert-spoon in hot fat, take a spoonful ("Stäerzel") from the dough, and put it in a pre-warmed bowl.
Pour cream or milk over the top of the mound of dumplings, and add chopped speck.

This is a typical dish of the Ösling peasants.

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**Jugged Hare** - *Huesenziwwi*

Other game can be used in this dish, but remember that whatever it is it should be hung for some days in a cool room prior to cooking.

For 4 persons:

- 1 young hare of about 2 kilos with its blood and liver
- 1 teaspoon wine vinegar
- 100 - 150 gr. speck
- 200 gr. Boletus or wild mushrooms
- Parsley
- A little fat and 2 tablespoons of flour
- 3 tablespoons Cognac
- ½ liter soured cream
- 1 slice of bread

For the marinade:

- 1 bottle of good red wine, preferably Burgundy
- 3 shallots, 1 carrot, 3 cloves garlic,
- Best olive oil
- Sage, thyme, bay leaves, cloves and tarragon

If there is no blood in the hare, ask the butcher for a cup of calf's blood.
Cut the hare into segments, being careful not to splinter the bones. Put the hare pieces in the marinade ensuring it is fully covered, and leave in the refrigerator for two or three days. Move the pieces about twice daily.

Preparation:
Chop the speck, put it in cold water and bring to the boil, then dry in a sieve. Fry the speck in some fat until crisp.
In the meantime take the hare from the marinade and allow drying. Put the hare pieces in the hot fat. Flambé with the Cognac, stirring thoroughly.

Pour the flour over the meat, and steadily add the marinade until the meat is covered. Add
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the vegetables and herbs. Cover the pot and cook on a low heat for about 1½ hours. A quarter of an hour before completion, add the mushrooms.

Serve the hare pieces on a preheated plate. Carefully sieve the cooked marinade and pour it back into the pot, adding the speck. Continue to cook. Mix together the blood, the liver and the soured cream, adding some Cognac. Then stir this into the contents of the pot. It should cook no more. It is now ready to serve.

Serve with noodles and red cabbage. A good red wine is a vital accompaniment.
**Snacks**

**Meat and Wine pie - Rieslingspaschtéit**

Ingredients:
- for the pastry: 750 g flour, 250g butter, 2 eggs, 12g salt, 200ml water, 1 egg yolk
- for the filling: 1kg minced meat (500g pork, 200g beef, 300g veal), 2 carrots, 2 shallots, 2 onions, 1 bunch of parsley, 4cl cognac, marjoram, pepper, salt, powdered condiment, Riesling
- for the aspic: 1 pig trotter, 2 pig ears, mirepoix, Riesling, pepper, salt.

Finely chop the vegetables and mix them with the remaining ingredients for the filling. Leave to macerate for 48 hours.

To prepare the pastry mix the flour, eggs, salt and water. Add the melted butter. Leave to rest for 1 hour. Roll out the pastry. Pile the filling on the pastry by forming a clump. Fold
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the pastry over the filling and press to close the edges. Make 2 or 3 chimneys (decorate their rims with pastry). Trace a cross-cross pattern with a fork. Brush with the egg yolk mixed with a little cold water. Put in the oven at medium heat for some 2 hours (until the cooking juices come out clear). Leave to cool completely.

Cook the pig’s trotters and ears with the mirepoix for some 3-4 hours. Add the Riesling. Pour this aspic through the chimneys into the pastry. Leave to cool in the refrigerator for 3-4 hours.

Suckling pig in Aspic - Fierkelsjhelli

Take 500 gram of suckling pig bones, the feet, and some rind.

Add 6 carrots, 6 onions, 4 bulbs of garlic, thyme, laurel, a bunch of parsley, salt, pepper, and 2 liters of dry white wine (Riesling or Elbling). Boil on a small flame for some 3 hours.

Take out the bones. Add to the bouillon, the ribs, and thickly cut pieces of shoulder of the suckling pig. Return to a slow flame for another hour.

Take out the meat and arrange in bowls. Filter the jelly, and clear it by boiling with a mixture of egg white and some herbs, while whisking energetically. Filter and pour over the meat. Cool before serving.

Pork in Aspic - Jhelli

Ingredients:

- 1 pork shank, 1 veal bone
- 3 pork hocks or feet
- 1 onion, 2 bay leaves, 2 carrots
- 2 celery stalks
- ½ teaspoon pepper
- 1 teaspoon salt

Boil all ingredients together until tender. Cut meat or grind when cold. Strain broth while hot.

Add meat and 1 cup vinegar to broth. Let simmer 10 or 15 minutes.

Add 1 package unflavored gelatin which has been dissolved in 1/4 cup cold water. Pour into bowls and leave to cool.
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**Potato Fritters - Gromperekichelcher**

Ingredients:

- 1 kg potatoes
- 3 onions
- 2 shallots
- Parsley
- 4-6 eggs
- 2 tablespoons flour
- Salt
- Pepper
- Oil for frying

Wash, peel and coarsely grate the potatoes. Put them in a cloth and press them.

Chop the parsley, shallots, and onions, and mix them in. Add the beaten eggs. Salt and pepper to taste. Prepare with the flour.

Heat the oil in a pan until very hot. Form flat cakes out of the potato mixture and fry them in the oil until golden brown on both sides.
Desserts

Verwurrelt Gedanken - A Special Pastry During The Carnival Season

Ingredients:

- 750 gr. flour
- 2 eggs
- 4 oz butter
- ½ teaspoon bicarbonate
- ½ teaspoon salt
- ½ teaspoon sugar
- ½ cup milk
- 1 grated lemon rind

Prepare dough and put on a pastry board, leave for one hour.

Then roll out and cut into thin strips, approx. 4-5 inches long, knot them and put on a lightly floured board, cover with a cloth for about 10-15 minutes to allow mixture to settle.

Deep fry in hot fat until golden brown, drain and sprinkle with icing sugar.

One could use yeast instead of bicarbonate in which case the pastry would not be as crisp.

Gingerbread men - Boxemännercher

These are served to children, young and old, on 6th. December (St. Nicholas Day) each year.

Form the shapes of the gingerbread men out of a yeast dough, and place on a baking tray.

Pre-heat an oven to 200ºC, leaving the tray of "men" in a warm place to rise a little. Brush them with a little milk, mixed with egg-yolk.

Cook in the oven until crisp right through. Decorate (eyes etc.) with small pieces of chocolate.
Cheese Cake - Këiskuch

Ingredients:
- 2 cups flour
- 1 tablespoon sugar
- ½ teaspoon salt
- ½ cup butter
- 2 teaspoons baking powder
- 2/3 cup milk

Mix dry ingredients, add shortening, then milk. Roll and place in a cake tin.

Filling:
- 1 pound curd cheese
- 3 eggs beaten
- ½ cup cream
- Juice and rind from 1/2 lemon
- ¾ cup sugar
- ¼ teaspoon salt

Mix and pour on dough, bake at 375°C for 35 minutes.
Use only the egg yolks in the filling.
You may want to use the egg whites to make a Meringue separately.

Apple Cake - Äppelkuch

Use same dough as for cheese cake. Pare and core apples. Place in rows on dough.

Cover with 1 cup sugar and ½ teaspoon cinnamon and dot with butter, or cover apples with custard of:
2 eggs beaten, 1 cup milk, ½ teaspoon cinnamon mixed in 1 cup sugar.

Bake at 375°F (175°C) for about 30 minutes.
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Plum Tart - *Quetscheflued*

Put 250 gr. of lukewarm flour into a pot, and make a mould in the middle.

Mix 12 gr. of yeast, 40 gr. of sugar, 1/8th liter (1/4 pint) of lukewarm milk, a pinch of salt, 50 gr. liquid butter (or margarine) and one (entire) egg.

Pour mixture into flour and knead into smooth dough. Leave to rise for 30-40 minutes.

Cut the plums (Damsons are the best) in half, and take out the stones.
Spread the dough into a buttered pan some 1 ½ fingers high. Cover the dough with the plums in a circular pattern.

Bake at medium temperature. Sprinkle with sugar before serving.

Coffee - *Kaffi*

A typical Luxembourger will have his after-dinner coffee accompanied by a measure of "Mirabelle" (Eau-de-Vie made from Yellow plums) or "Quetsch" (other Plum Eau-de-Vie) either in a separate glass, or poured into the coffee.