



Recipes for mountain  
hut delicacies at  
home



# DEAR WINTERSPORTS FANS!

This winter is very special – none of us have ever experienced anything like this before. While the mountains glisten in white splendour and the slopes are perfectly prepared, all the hotels and catering establishments are closed and you sadly can't be with us.

For this reason, you can now conjure up a little winter atmosphere in your own four walls with recipes for the most popular mountain hut dishes.

The landlady Karin Patterer from Krimml serves traditional, tasty food at her hut. She has written up her guests' favourite recipes for you.

We hope you have lots of fun cooking them and can't wait to see how your dishes turn out.

Post your photo on facebook or instagram with the hashtag #wintersportsambassador.

We'll see you again here in the Austrian mountains next winter, or maybe even already in the summer!

Your INTERSPORT Rentertainers



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## Kaspresknödel soup



### Ingredients for 4 people

500 g waxy potatoes  
250 g strong cheese (e.g. Alpine  
cheese, Rass cheese or beer cheese)  
200 g flour  
4 eggs  
1 onion  
1 l soup  
Parsley  
Salt, pepper  
Clarified butter

### Preparation:

1. Boil and peel the potatoes, press them through the potato ricer (or grate with a fine grater). Refrigerate for a few hours.
2. Add chopped cheese, onion, eggs, flour to the potatoes, season with salt, pepper and parsley and mix well.  
The mixture should not be too soft.
3. Form the mixture into small loaves using moist hands and fry them in clarified butter until golden brown.

**TIP:** Kaspresknödel can be enjoyed as a soup garnish or with salad.

# Bacon dumpling soup



## Ingredients for 4 people

500 g dumpling bread  
250 g bacon  
250 g Jausenwurst sausage  
6 eggs  
250 ml milk  
150 g flour  
2 onions  
½ bunch of parsley  
2 carrots  
½ leek  
1 l soup  
Salt, pepper  
Chives

## Preparation:

1. Finely dice the bacon, sausage and onion, then fry in a pan, deglaze with milk and mix in the chopped parsley.
2. Pour the mixture over the dumpling bread. Add the eggs, flour, salt and pepper, mix well and leave to stand for 15 minutes.
3. Then form the mixture into small dumplings using moist hands.
4. Wash the carrots and leek and cut them into fine strips. Bring the vegetables to the boil in a pot with the soup. Place the dumplings in it and leave to simmer for 15 minutes. Wash and finely chop the chives and sprinkle into the soup.

**TIP:** The bacon dumplings can also be served with sauerkraut or warm cabbage salad as a main course.





## Käsespätzle noodles



### Ingredients for 4 people

400 g coarse flour  
300 g cheese (strong)  
6 eggs  
250 ml milk  
2 onions  
4 tbsps flour  
Salt and pepper  
Chives and parsley for the garnish  
Butter, oil

### Preparation:

1. Mix the flour, eggs, milk, salt and pepper into a thick batter. If the batter is too firm, you can add a little warm water.
2. Use the Nockerl plane or Spätzle sieve to drip the dough into boiling salted water. Once they are cooked, pour them into a colander and rinse in cold water.
3. Heat the clarified butter in a frying pan, add the noodles and cheese and leave to simmer until the cheese is well melted.
4. Finely chop one onion, cut the second onion into rings. Fry the chopped onion in butter and mix with the noodles. Dust the onion rings with flour and fry in oil until golden brown, drain them on kitchen paper and sprinkle them over the noodles just before serving. This is best served with green salad.

**TIP:** A mixture of several types of cheese improves the taste, for example, Tyrolean grey cheese, Alpine cheese, Tilsiter.

# Tiroler Gröstl



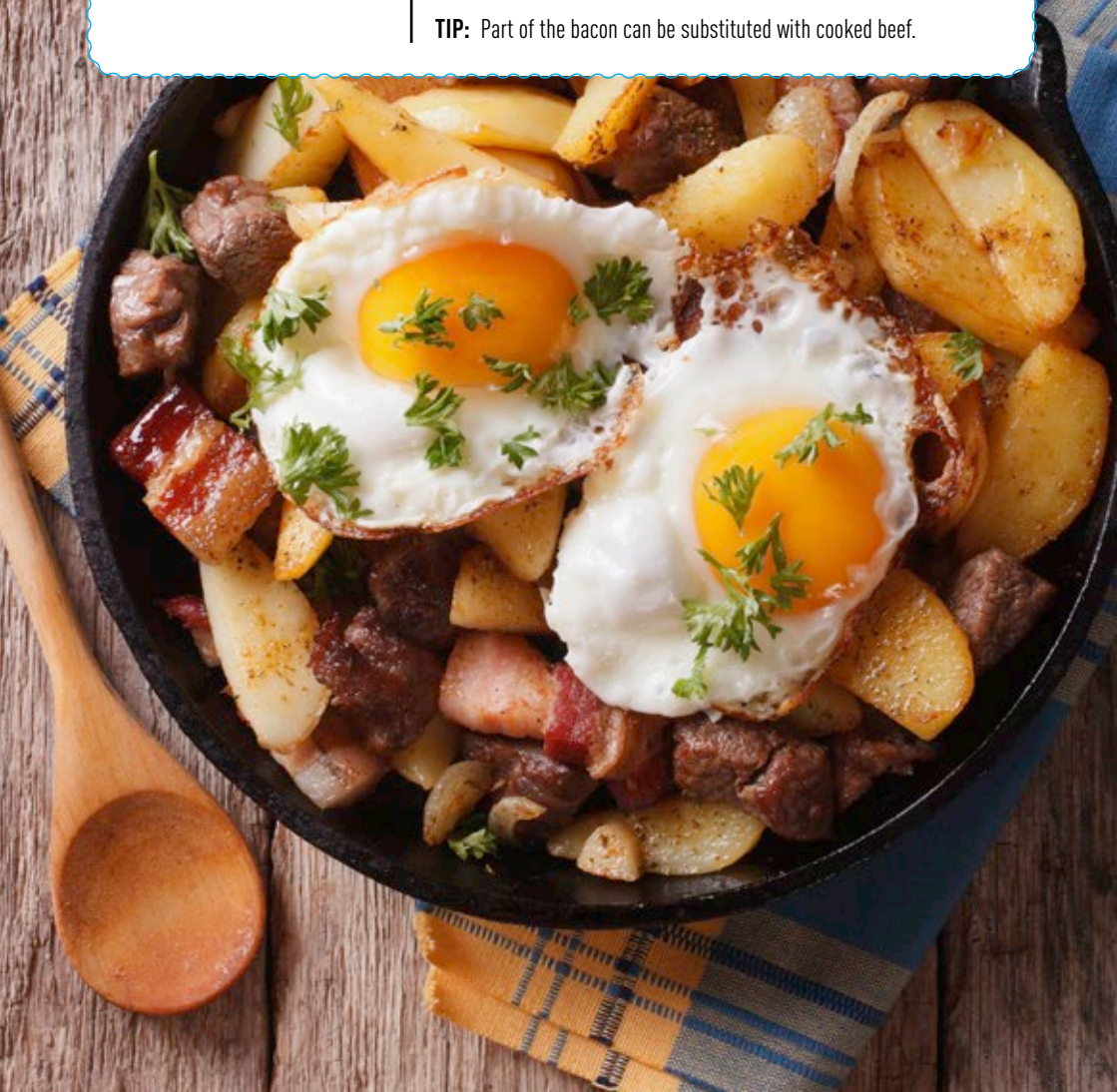
## Ingredients for 4 people

800 g waxy potatoes  
300 g bacon  
4 eggs  
2 onions  
Salt, pepper  
Caraway, marjoram  
Butter, oil

## Preparation:

1. Boil and peel the potatoes, then refrigerate
2. For the Gröstl, finely dice the bacon and onion and fry in hot fat. Then add the sliced potato. Season with salt, pepper, caraway and marjoram and fry until crispy.
3. For the fried eggs, heat a frying pan, melt the butter and fry the fried eggs. Then arrange the fried eggs on the Gröstl and serve. Marinated warm cabbage salad or green salad goes well with this as a side dish.

**TIP:** Part of the bacon can be substituted with cooked beef.





## Spinach dumpling



### Ingredients for 4 people

- 350 g leaf spinach (fresh or frozen)
- 350 g bread cubes
- 1 pinch salt, pepper and nutmeg
- 125 ml milk
- 2 eggs
- 1 onion
- 2 garlic cloves
- 2 tbsps flour
- 3 tbsps grated parmesan
- 2 tpsps butter

### Preparation:

1. First defrost the spinach and chop finely. Fresh spinach can also be used.
2. Now finely chop the onion and garlic and fry in butter until translucent, leave to cool down.
3. Mix the bread cubes with the eggs, milk, flour, spinach, garlic, onion, nutmeg and a bit of salt.
4. Leave the mixture to absorb the flavours briefly. Form dumplings using moist hands. Place in lightly boiling salted water and leave to simmer for approx. 15 minutes.
5. Serve the spinach dumplings with brown butter (melt butter until it turns brown) and grated parmesan on top.

**TIP:** Dumplings are particularly good when they are prepared in the steamer!



# Farmhouse bread with spread



## Ingredients for 1 loaf

500 g rye flour (type 960)  
500 g wheat flour (type 480)  
2 packs dry yeast  
½ pack bread seasoning  
1 teaspoon salt

Approx. 640 g lukewarm water

## Cheesy potato spread

500 g mainly waxy potatoes  
200-250 ml sour cream  
1 onion, chives  
Salt, pepper

## Preparation:

1. Knead all the ingredients for the bread into a smooth dough, cover and leave in a warm place for an hour.
2. Form the dough into a loaf, brush with water and bake well in a preheated oven (top and bottom heat 200 degrees) for about 45 minutes. Reduce the temperature to 180 degrees after 10 minutes. Test: pick up the loaf and tap the bottom, if it sounds hollow it's baked through.
3. For the spread, boil the potatoes, peel them and crush them with a fork.
4. Mix the finely diced onion, chives and sour cream (as needed) with them. Season with salt and pepper.





## Kaiserschmarren



### Ingredients for 4 people

250 g flour  
400 ml milk (alternatively oat milk)  
4 eggs  
2-6 tbsps sugar  
Salt, cinnamon  
Possibly raisins  
2 tbsps butter

### Preparation:

1. Carefully beat the eggs, separate the yolks and whites. Beat the egg whites with a pinch of salt until stiff. In a second bowl, mix the yolks with the sugar (depending on the desired sweetness) and a pinch of cinnamon. Add the milk and stir well.
2. Stir the flour into the yolk mixture with a whisk and finally fold in the stiff egg whites. If you like, you can add a handful of raisins to the batter.
3. Heat the butter in a non-stick pan and pour in the batter. Turn down to medium heat and wait until the Kaiserschmarren can be loosened with a spatula. Turn it over and then cut into lots of little pieces using a fork or spatula. A splash of cherry rum adds even more flavour.
4. Garnish with icing sugar. This is best served with apple purée, stewed plums or cranberry jam.

# Apple Strudel



## Ingredients for the strudel dough

250 g plain wheat flour  
140 ml lukewarm water  
2 tbsps oil, pinch of salt  
100 g melted butter  
(to brush the top)

## For the apple filling

1 kg tart apples (e.g.: Boskoop, Idared or Gravensteiner)  
160 g granulated sugar  
Lemon juice and grated peel  
of one organic lemon  
6 cl rum  
Approx. 80 g raisins  
120 g breadcrumbs  
60 g butter  
½ tsp cinnamon  
Icing sugar for dusting

## Preparation:

1. Sift the flour onto a work surface, pile it into a mound and make a hollow in the middle. Now pour the water, oil and salt into the hollow and slowly mix with your fingers from the inside. Gradually mixing more and more of the flour in.
2. Knead the dough until smooth and shape it into a ball. Place it on a floured plate, brush with oil and cover with cling film. Leave to rest in a cool place for about 1 hour.
3. For the filling, wash, peel, core, quarter and finely slice the apples. Mix well in a bowl with the sugar, cinnamon, lemon juice, raisins and rum. Leave to stand for about 15 minutes and then drain off any juice. In the meantime, fry the breadcrumbs in the butter until brown.
4. Roll out the dough on a floured kitchen towel and pull it out thinly into a rectangle (about 70 x 50 cm). It is best to have the back of one of your hands coated in flour under the dough and pull with the other hand. Drizzle the dough with butter and spread the breadcrumbs and apples over 2/3 of the surface. Leave the edges (approx. 5 cm) free. Fold the edges of the dough that have been left free on the left and right inwards.
5. With the help of the towel, roll up the dough starting from the bottom third with the apple filling. Use the towel to lift the strudel onto the baking tray with baking paper too. Make sure the end of the dough is facing down. Brush with butter and bake in the oven at 180 degrees until golden brown (about 30-40 minutes). Portion as desired, sprinkle with icing sugar and serve with vanilla sauce.





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