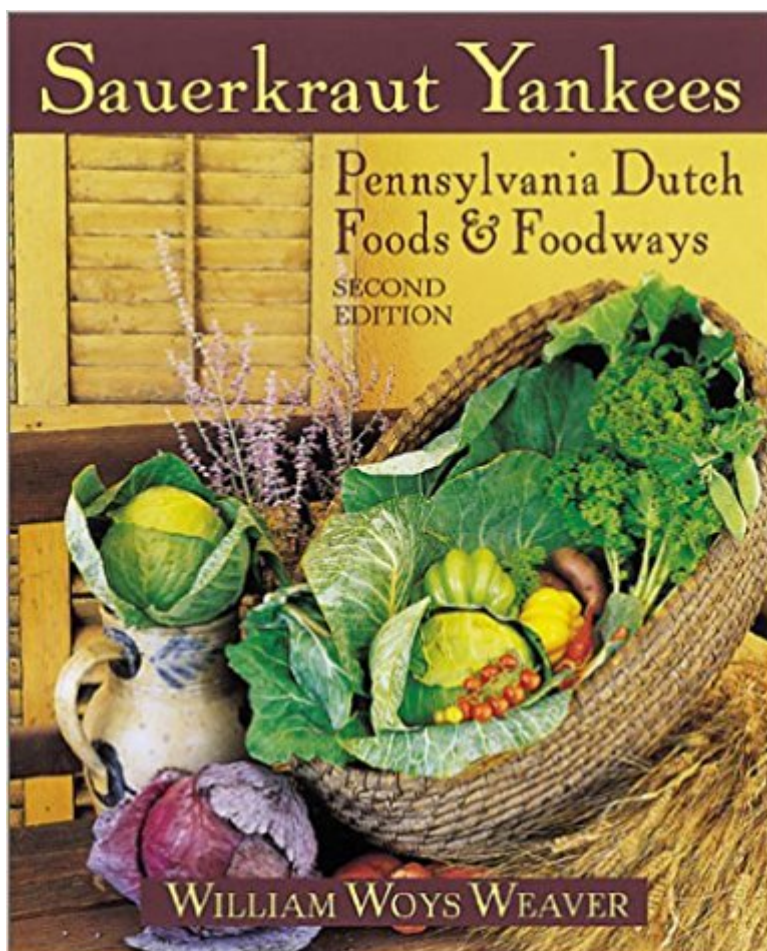


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# Sauerkraut Yankees



## Synopsis

A newly revised edition of a groundbreaking work in the growing field of food history, *Sauerkraut Yankees* offers recipes from an 1848 Pennsylvania Dutch cookbook, rearranged into chapters with insightful introductory comments on some aspect of each dish its history, origin, or use in terms of Pennsylvania Dutch culture. The full gamut of the Dutch diet is represented, from calf's head soup, sauerkraut, and roasted suckling pig to pickled red beets, egg punch, and mince pie.

## Book Information

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## Customer Reviews

Internationally renowned food historian William Woys Weaver lives in Devon, Pennsylvania, and is author of ten books, including *100 Vegetables and Where They Came From*, *Heirloom Vegetable Gardening*, and *Pennsylvania Dutch Country Cooking*. He has won three Julia Child Cookbook Awards.

I have visited Pennsylvania Dutch country many times and didn't know the whole story. I had not realized that there were two great migrations into Pa from the Old German areas and each from a different area of the Old World. This affected the cuisine and culture. Taking as a backbone in the book is an old Pa Dutch cookbook which the author uses as reference chapter by chapter for continuity and contrast. The other references are legion and I have a hard time understanding how such an indepth book can be assembled and then made so interesting. With all the food crazes restaurateurs jump to I think it is only a matter of time until some upscale place in NYC or LA

discovers potential in this book for cuisine unlike the "Pa Dutch" foods served at the buffets in the Lancaster area but truly real Pa Dutch.

The updated edition of *Sauerkraut Yankees* is a gem. William Woys Weaver, a noted food historian and "Dutchman", tells the story of how PA Dutch cooking evolved from a combination of South German cuisine(s) and borrowings from American mainstream cooking to give a highly distinctive ethnic regional cookery. As is typical of the historically informed books Weaver has written over the years, this one not only provides insight into the origins of the cuisine but is also a collection of great recipes. The cuisine he presents covers the full range of the regional culture and cookery. It is not some touristy book about the Amish, but rather about the much wider ethnic cuisine that evolved from South German roots transplanted to Pennsylvania. The text centers around a mid-nineteenth century cookbook that "borrowed" heavily from both German and New World recipes and presented them in a tidy package, "Die Geschickte Hausfrau". DGH was a tremendously successful book published in PA High German, which was the language used by literate PA Germans of the day. It was the written language they knew from their German Bibles and almanacs. In the text, Weaver presents English names for the recipes, as well the original PA style High German and also names in the everyday German dialect, PA Deitsch aka Pennsylvanisch/PA Dutch. The man behind "Die Geschickte Hausfrau" was one German-born Gustave Sigismund Peters, who resided in Harrisburg, PA. Quite a colorful character, he conceived of the book shortly before his death and "borrowed" heavily from various sources. However, its eventual appearance and success were actually due to two of his colleagues, Theodore F. Scheffer and Johann Martin Lutz. The entire story of the "culinary banditry" is a tad convoluted, not to mention a bit quirky, and is interesting in its own right. DGH was, according to Weaver, the right book at the right time and in the right language. Prior to the publication of this book, PA Germans wanting a cookbook either had to read English and cook in that style, or had to rely on imported/adapted Old World German language cookbooks. This book changed all of that. It would take too long to tell the whole story here, and the text does a much better job of it, so it suffices to say that from the sources of the cuisine there evolved something new and very unique. Not just a simple Americanization, or a rehash of Old World recipes, but a fusion cuisine that was distinct. The range of the recipes presented in the *Sauerkraut Yankees* draws heavily from Peter's book and is wide in scope. Meats and savories abound, as do dishes prepared with fowl of every kind, seafood, soups and stews, pies/cakes/Kuchen and a long list of pickled/preserved condiments, both sweet and sour, that are distinctively PA Dutch. There is ample coverage of the signature dish in the title, sauerkraut! Finally, Weaver supplies many recipes

of beverages, both soft and "hard". The PA Germans of the 19th century were great distillers, brewers and vintners, who loved to imbibe. If you are looking for the historical roots of PA German/Dutch cooking from the influences of South Germany and 19th century PA, look no further. And have fun with the recipes. Some you may want to try, others just read about, but most of all, you will learn a great deal about the authentic roots and authentic style of PA German/Dutch cooking.

Been making home made kraut for years and though we pretty much knew it all, but this charming book opened new doors for us. There's kraut things in there for beginners and those that have sworn off commercial kraut for ever. Our advise, try it!

Let's be honest : Almost anyone can prepare a cookbook, but WEAVER is to be congratulated and admired for preparing a book that is not just recipes but also an historical text. I got this bk to prepare a Pa. German-style meal for family as a way of teaching the young about our Palatinate ancestors ("Fancy Dutch"). My great-niece will not soon forget that our ancestors probably ate calf's head !

If you are interested in German food or Pennsylvania history, this book is for you. It focuses on the food of the Pennsylvania Germans & how they adapted their own recipes from the old world to available ingredients in Pennsylvania. It talks about ingredients that were available to the Germans & how they prepared, preserved & ate the food. Mr. Weaver not only talks about the food but he includes interesting and sometimes little known facts about the culture that bring our Pennsylvania German ancestors to life once again. I am so pleased that Mr. Weaver has taken the time to research and preserve for future generations not only the recipes but the stories and history behind the foods of the Pennsylvania Germans.

Great Pa Dutch receipes

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