

Mint Creek | Bratwurst

LAMB-BRATWURST POTATO SOUP
LAMB-BRATWURST STEW
GERMAN FRENCH TOAST
WITH BRATS
CLEAN-OUT-THE-FREEZER BRATS

LAMB-BRATWURST POTATO SOUP

Preparation Time: 20 minutes

Cooking Time: 45 minutes

Serves: 8-10

Ingredients

1 lb. lamb bratwurst, fully cooked, and diced

2 medium potatoes, diced

2 cups water

1 medium onion, chopped

1/2 tsp salt

Dash of pepper (optional)

4 cups shredded cabbage or pak choy)

3 cups milk, divided

2 Tbs. whole-wheat flour

1 cup shredded cheese

Instructions

In 4 to 6-quart kettle combine bratwurst, potatoes, water, onion, salt, and pepper. Bring to boil. Reduce heat, cover, and simmer 10 minutes. Add cabbage, cover, and simmer 10-15 minutes until vegetables are tender.

Stir in 2 1/2 cups milk. Combine flour and remaining 1/2 cup milk, stirring until smooth.

Slowly stir into soup, bring to boil. Stir constantly for two minutes or until thickened.

Remove from heat and stir in cheese until melted.

LAMB-BRATWURST STEW

Preparation Time: 10 minutes

Cooking Time: 45 minutes

Serves: 4

Ingredients

6 bratwurst*

2 Tbs. shortening

4 med. potatoes, cubed

1 med. onion, chopped

1 (15 oz.) can green beans

1 can cream of mushroom or cream of celery soup

1 cup milk
1 cup Cheddar cheese, grated
chopped pimento** (optional)

Instructions

Cut brats into 1/2-inch pieces. Brown in melted shortening in large skillet or Dutch oven. When nicely browned, add potatoes, onion, undiluted soup, and milk. Mix well. Cover and cook over low heat for about 30 minutes or until potatoes are done.

Before removing from heat, add drained green beans, cheese, and pimento. Bring just to a boil and let simmer until beans are heated and the cheese is nicely melted and blended into the stew.

**Chopped pimento adds color to the stew.

GERMAN FRENCH TOAST WITH BRATS

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Serves: 8

Ingredients

3 links (8-oz) smoked bratwurst, sliced
2 c. milk
3 lg. eggs, fresh
1 Tb. lemon rind, grated
8 slices French bread, thick
1 c. bread crumbs
2 lg. tart apples, peeled, cored, and sliced
2 c. water
1 Tb. lemon juice
1/4 c. onion, minced
8 tsp. sugar-cinnamon mixture
maple syrup

Instructions

Preheat oven to 425 degrees. Whisk together milk, egg yolks, and lemon rind. Soak bread slices in egg mixture until saturated. Whisk egg whites until frothy. Dip soaked bread in whites and then dredge in bread crumbs.

Arrange on greased cookie sheet and bake for 15 minutes. Remove, turn over, and return to oven for 10 minutes longer. While toast is baking, place apple slices in small saucepan with the 2 cups water and lemon juice. Bring to a boil and remove from heat. Sauté bratwurst and onions together until crispy brown. To serve, sprinkle toast with sugar-cinnamon mixture, cover with cooked, drained apple slices, sautéed bratwurst, and onions. Serve with maple syrup.

CLEAN-OUT-THE-FREEZER BRATS

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Serves: 4

Ingredients

3 or 4 bratwursts

8-10 frozen pearl onions

1/3 pg. frozen peas

1/4 head of broccoli florets

1/3 head of cauliflower

1 large rib of celery, chopped

1/2 a green pepper, chopped

1/2 a red bell pepper, chopped

8-10 mushrooms, sliced

1 small onion, chopped

1 can cream of mushroom soup

1 soup can of milk

1/2 bottle ale or beer

minced garlic

season with salt and pepper

Instructions

Brown meat in vegetable oil with minced garlic.

Put everything else in the skillet after draining off the oil. Simmer until fresh vegetables are tender.