



BRAT SOUP WITH CABBAGE POTATOES and ROOT VEGETABLES

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October 7, 2017

Bratwurst is a type of German sausage made from veal, beef, or most commonly pork. The name is derived from the Old High German language, brät-, finely chopped meat, and Wurst, sausage, although in modern German it is often associated with the verb braten, to pan fry or roast. Just like American and other ethnic sausages, Brats are made with many different recipes depending on the region. The Brats in today's recipes

are made right here on Delmarva by Great Expectations and have no preservatives or chemicals of any kind! Today's recipe was found on the internet and chosen for it's ease of preparation, with a few modifications.

16 oz	Bratwurst, casing removed
2 medium	potatoes, cubed
1 medium	onion, diced
1 each large	carrot, parsnip, grated
2 cups	water or chicken stock
1 small	green cabbage, chopped
2 cups	milk, divided
3 Tbsp	flour (optional, see Notes below)
4 oz	Swiss cheese, cubed
	Salt and Pepper to taste



- In a large skillet over medium high heat, sauté the sausage for 10 minutes, or until browned and crumbled. Drain well and discard the fat.
- In the same skillet over high heat, sauté the onions, carrot, parsnip and potatoes until the onions are translucent.
- Transfer the Brats, potatoes and onions to a larger soup pot. Add the water and bring to a boil.
- Reduce heat to low and simmer for 20 minutes. Add the cabbage, return to a boil, reduce heat and simmer for another 20 minutes. Add 2 1/2 cups of the milk and heat slowly to just under a boil. (Note: Don't try to do this too fast, or the milk will burn on the bottom of the pot.)
- In a separate small bowl, mix the flour with the remaining milk to make a slurry that is lump free. Add to the pot slowly, stirring constantly, so that the flour does not clump. (Note: Make sure you get out all the lumps because they will not cook out on their own.)
- When the mixture in the pot thickens, add the cheese and stir occasionally until the cheese has melted.

Serve with a light topping of some grated Parmesan and crusty bread or toasted croutons!

Maggie's Notes

- *Need gluten Free? Instead of thickening the soup with a flour slurry, cook one extra whole potato or two in the pot and when it's soft, puree and add back.*
- *This time of year it's so easy to find lots of root vegetables – carrots, parsnips, rutabegas, turnips, etc. Dice any and all and add them to the pot while cooking the onions and potatoes!*
- *Instead of the water, add a beer to the pot!*
- *Use any kind of cabbage – a NAPA cabbage would be good and you could even go with a red cabbage!*
- *Spice it up! Add other seasonings such as red paper flakes.*

Recipe can be found at www.oceanpines.org at the Farmers Market section.