

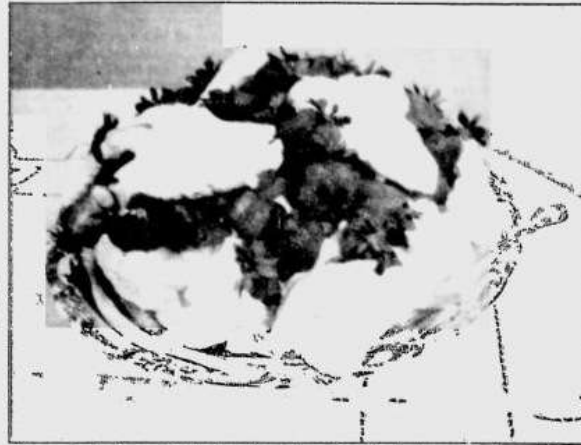
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Food

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BY ANN WHITING ALLEN
DESERET NEWS FOOD EDITOR

"CASTLE COOK"



Schaum Torte is one of the favorite recipes Cecelia Ludwig picked up while she cooked for royalty and others in Germany and the Netherlands.

THE COOK FROM the German castle should wear the crown herself! The food was extraordinary; the presentation exceeded the stuffiest of gourmet expectations. A heavy-handed description but not exaggerated. Meet Cecelia Ludwig, the castle cook.

Cecelia was born in Germany, then reared at the elbow of her mother, a cook in Kaiser Wilhelm's hunting castle. Cecelia, at the early age of 5 years, became an assistant to her mother. The oldest of 6 children, including two sets of twins, Cecelia assumed major responsibility for her siblings' care when her father went away to fight in World War I. It fell to Cecelia to glean through the wheat fields, gathering grain for the family. Her mother's philosophy, "To acquire is not enough, one must know how to conserve and skillfully manage if all is to go well," was the survival motto during the war years. One of Cecelia's favorite recipes, Whole Wheat Pfaf, is a reminder of the diligence and resourcefulness of her mother.

Intense training in food preparation and management followed the war. Food was again plentiful, and celebrations were back in style. Cecelia and her mother worked birthdays, weddings, baptisms, coronations and company openings. Castles and royalty were the most frequent customers. Bookings were scheduled 3-6 months in advance. Meals with up to 10 courses were prepared, then delivered by horse and buggy.

By 1924, Cecelia's urge for independence and a desire to work beyond the shadow of her mother's talents won out. She moved to Holland

at age 17. She cooked and attended school for a year, then applied for a position at the house of Wolfer, a famous diamond merchant. The Wolfers were reluctant to hire an 18-year-old girl, gave her a trial period, and then kept her for 4 more years.

A long-time desire to see the world won out. Cecelia booked passage to America in 1929. Settling in Milwaukee, Cecelia quickly established a following in the rented corner of Mil-litzer's, a downtown bakery. She related, "This was my first restaurant-on-my-own experience. I cooked German food for lunch, wienerschnitzel, hasen pfeffer, sauerbraten, roladen, red cabbage and dumplings. Approximately 150

people came for lunch every day in this small building. They would line up around the corner on 3rd Street in rain, snow or sunshine, then crowd seven or eight people in the booth that would ordinarily hold four."

Cecelia's reputation grew and her work expanded. She was frequently invited to cook for prominent families in Milwaukee. When she moved to Chicago, then on to Salt Lake, her food preparation skills were quickly discovered. Many a grateful diner has enjoyed her masterful abilities in the kitchen.

Nearing retirement age, Cecelia and her husband, Herbert, began a

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Schaum Torte

1 cup of egg whites, have cold
1 teaspoon apple cider vinegar
¼ teaspoon cream of tartar
2 cups sugar
1 pint whipping cream
1 tablespoon powdered sugar
1 teaspoon vanilla
Fruit for topping

Combine the eggs whites, cider vinegar, and the cream of tartar in an electric mixer and beat at high speed until very stiff. Then add the sugar slowly keeping beater at high speed. Drop in two well-buttered glass pie plates and bake at 300 degrees for 10 min-

utes. Reduce heat to 250 degrees and bake for 30 minutes. Turn oven off but leave pie in oven to cool.

To serve, remove from pie plate and put on serving platter. Lift off top crust (it will break, but don't worry) fill with whipping cream, which has been whipped with powdered sugar and vanilla until stiff. (This amount will fill both tortes). Top with fresh or frozen strawberries, raspberries or peaches. Cooked sour cherries, canned or frozen strawberries or raspberries can also be used. Put the top back on and serve



Cecelia Ludwig is known for her warmth, her hospitality and her culinary creations. Here are a few of her specialties.

PHOTOGRAPHY/ O. WALLACE KASTLER

Cinnamon Rolls

- 6 egg yolks
- ½ pound margarine
- 1 cup evaporated milk
- 4 tablespoons yeast
- ¼ cup warm water
- 4 cups flour
- 2 tablespoons cinnamon
- 1 cup sugar

Dissolve yeast in warm water and let stand 5-7 minutes. Cream the egg yolks and margarine at room temperature, then add canned milk. Mix yeast and water

with butter and eggs. Add flour and mix well. Cover and let stand overnight in refrigerator. Next day pat dough out on floured board and cut in strips 4 inches by 2 inches. Twist strips in cinnamon and sugar mixture. Twist like a rope right in the cinnamon and sugar mixture.

Let it rise about 30-40 minutes or until double in size. Bake at 375-400 degrees until light brown — 10-15 minutes. Take off cookie sheet immediately and serve while still warm.

Cecelia's Red Cabbage

- 1 large red cabbage
- ¼ cup apple cider vinegar
- ¼ cup granulated sugar
- 1 tablespoon salt
- 4 whole cloves
- 2 bay leaves
- 2 apples, peeled and cut up
- 2 strips bacon, cut up fine

Cut cabbage into fine, long strings and put into big kettle.

add remaining ingredients. Without adding any water simmer at low heat with lid on. When it comes to a boil, cook three minutes, stirring occasionally. Turn off heat and leave lid on kettle and let rest for several hours.

Make it in the morning or the day before, just heat at serving time. Keeps well in the refrigerator for a week or in the freezer for a couple of months.

Beef Tenderloin — German Way

- 1 whole beef tenderloin *
- Onion salt to taste
- ¼ to ½ pound butter
- Fresh or small can mushrooms, sliced
- * Allow ½ pound per person.

Rub the beef tenderloin with onion salt, then seal in plastic wrap and let stand in the refrigerator for 3 or 4 hours or overnight.

Melt margarine or butter (the amount depends on how much

meat you have) in an electric frying pan at 300 degrees. Brown meat on both sides then turn heat down to 250-275 degrees. Baste often with the butter you have in the pan. Allow about 1½ hours to simmer then add mushrooms and simmer for another 2 or 3 minutes.

Slice meat ¼ inch thick and put on a platter. Pour mushrooms and butter over the meat and serve. This was a Saturday night favorite at the restaurant and was liked by all.

CECELIA

Continued from F1

new adventure. By opening the Homespun Restaurant in Leeds, Cecelia fulfilled a lifelong dream. For 11 years she entertained guests from all parts of the world. Homespun diners were not "customers" but guests in her home. People were given a "royal" environment by the castle cook, in both surroundings and food.

The practice continues, though the restaurant has been closed for 17 years. Any guest in the Ludwig home receive gracious hospitality and warmth. As Carrie Henderson discovered, the magic of the Ludwig home was something to be captured and preserved. A chance business encounter began the partnership: a young business executive, former German missionary, and Carrie's husband bumped into an older German-speaking man. Both were delighted to renew German experiences in St. George. A dinner invitation followed, and the Ludwigs met the Hendersons over German food, Carrie left

the Ludwig home with a resolve to share her experience with others.

With some persuasion, Carrie convinced Cecelia to share a recipe collection. Cecelia had sold 5,000 copies of a 1971 copyright book. She assumed that was sufficient. Carrie prevailed and the new book, "Recipes for Royal Dining" was published. The Ludwig story is interspersed with a philosophy of hard work, suggestions for successful cooking, and comments from celebrity restaurant guests.

Carrie was surprised that, though the restaurant had been closed for 17 years, not a single guest hesitated to respond immediately to Cecelia's cooking expertise. Robert Redford was quoted, "If one liked to eat—really eat—and eat well was traveling east from San Francisco or north from Los Angeles to Salt Lake and didn't know about Cecelia's place—he would starve."

In a similar manner, Paul Newman reported, "The best way to deal with the original Homespun Restaurant was to starve for a week and then go straight face down in the meat loaf."

Whether the guest was famous or home folk, the real celebrity at the Homespun was Cecelia Ludwig, the cook. Starting with her own kitchen dishes and linens ironed on her mantle, Cecelia's reputation grew quickly. The restaurant advertised by word of mouth, but surprisingly found its way to review in the national media. Unbeknownst to Cecelia, the White House acknowledged the use of her recipes.

Cecelia shared the philosophy that made her so successful. "You eat with your eyes, you can't serve anything haphazard — either you do it right or you don't. There's nothing in between. Her guests knew that "even though there were three waiters, Cecelia would always come around to see if guests had enough."

Sharing Cecelia's recipes for life and for German specialties is a choice experience. Henderson's collaboration with Ludwig has produced a volume intended to preserve a heritage in food preparation, one the authors fear lost in the fast pace of contemporary American living.

Take time to adventure through Cecelia's recipe yourself. You'll discover, as so many have before, the title and crown belong to Cecelia Ludwig, the royal cook.

Fresh Tomato Soup

- 2 cups water
- 5 pounds fresh tomatoes
- 1 cup sugar
- 2 tablespoons salt
- 1 tablespoon mixed pickling spices
- 3 large onions, cut up

Handful of fresh parsley
6 cups of celery, cut up in small pieces

- 5 strips of bacon
- 2 tablespoons flour

Cut tomatoes in quarters into water and add the sugar, salt, spices, onion, celery and parsley. Bring to a boil. Simmer 1½ to 2 hours.

Put the tomatoes, vegetables and spices through a juicer or in a blender, then return to pot. Cut bacon into fine pieces and brown, add flour and just brown lightly. Add bacon with the flour to tomato mixture and bring to a boil. Makes 10-12 servings.

Make only from fresh tomatoes when in season. (Fresh tomatoes provide the acid to make the soup come out "right"). This will keep well frozen or canned, but leave out bacon and flour, add to soup just before serving.

Add 1 teaspoon of unsweetened cream to each bowl before serving.

Flan (Baked Custard)

- ¼ cup sugar
- 6 tablespoons water
- 1 quart milk
- 6 eggs
- 6 tablespoons sugar
- 1 teaspoon vanilla
- ¼ teaspoon nutmeg

Boil the ¼ cup sugar and 6 tablespoons water, stirring constantly until golden, take off

stove then put in round glass baking dish. Bring milk to a boil then add slowly to mixture; eggs, 6 tablespoons sugar, vanilla and nutmeg which have been beaten together. Pour mixture through strainer and pour into baking dish that has syrup on the bottom. Set dish in pan of hot water then cover and bake at 275-300 degrees for 30-40 minutes. Let cool and serve.

German Salad Dressing

- 1 cup cider vinegar
- 1 cup sugar
- 1½ tablespoons onion salt
- 1 tablespoon garlic salt
- ¼ teaspoon whole thyme
- ¼ teaspoon rosemary
- ¼ teaspoon sweet basil
- 1 tablespoon capers with juice

- ½ teaspoon whole dill
- ¼ cup lemon juice
- ¼ cup fresh orange juice
- Corn oil

Place all ingredients except oil in a quart jar. Shake well, until salt and sugar are dissolved. Fill the bottle with oil and shake to blend. Chill before serving.

Whole Wheat Pilaf

- 2 cups whole wheat
- 4-6 cups cold water
- 1 tablespoon salt
- ¼ pound butter or margarine
- 1 large onion, chopped fine

Take the wheat and wash several times. Add cold water (some wheat absorbs more water). Let

stand in cool place 18-24 hours. Put in double boiler with salt and simmer for 10-12 hours. (Crock pot may be substituted). Melt butter in skillet and add onion. Simmer (don't brown butter or onion) for 30 minutes. Add to whole wheat the last 2 hours. Serve as a side dish with chicken, beef or veal.

Here are some tasty ideas for yesterday's leftovers

By Nancy Byal
Better Homes and Gardens

A Louisiana cook told me, "There are no leftovers in my cooking, just ingredients for the next meal." What a great way to think about the meat, rice, pasta and other foods you cooked a bit too much of. Here are ideas for using some of those foods as ingredients.

COOKED MEAT

— Stews: Add cubed beef, chicken, pork, ham, or lamb to your recipe at the end of cooking time and heat

through.

— More ideas: Beef stroganoff, turkey divan, meat-and-rice-stuffed vegetables, chopped salad mixtures for sandwiches.

COOKED PASTA

— Pasta salad: Toss pasta with mixed vegetables and bottled Italian salad dressing. Chill a few hours to blend the flavors.

— Omelets: Stir noodles or spaghetti into beaten eggs just before cooking.

— More ideas: Macaroni and cheese, soups, fettuccine Alfredo.

COOKED RICE

— Rice and beans: Combine long grain rice with a can of spicy chili beans; heat through. Sprinkle each serving with shredded cheddar cheese.

— Soup: Stir wild rice or brown rice and leftover cooked or canned vegetables into chicken broth; heat through.

— Breakfast: Warm long grain rice and a little milk in the microwave or in a saucepan on top of the range; top with raisins and sprinkle with cinnamon-sugar. Serve

immediately.

— More ideas: Fried rice, rice pudding, rice dumplings, or sushi.

COOKED VEGETABLES

— Stir-frying: Toss leftover vegetables such as broccoli cuts, cauliflower, carrots or peas into a stir-fry recipe and heat through.

— Chili: Stir corn, peas, hominy or any type of beans into your favorite chili recipe just before serving.

— More ideas: Tabbouleh, fritattas, salads and soups.