

Hosted by Lillian Zeltser

**“To Health, Long Life & Pleasures! “ Show
“Food is Your Medicine” Weekly Wednesday 5:30pm Segment on
Talk Radio Station 830WEEU, Pennsylvania**

Barbarossa Bratwurst

(This medieval recipe is said to have helped old Bavarian Emperor Barbarossa and his much younger wife, Beatrice, have eleven children.)

Ingredients:

Yields 10 -12 bratwursts

1 kg of red fatty meat - veal, pork, goat, or beef
¼ teaspoon - black pepper ground
¼ teaspoon - marjoram leaves dried
6 - garlic cloves minced
¼ teaspoon - caraway seeds
¼ teaspoon – mustard seeds
½ of lemon zest julienned
10 - juniper berries
1 teaspoon of sea salt
250 ml – cold water
¼ teaspoon - coriander or fennel seeds
ground



Preparations:

Combine water, salt, and all spices in a bowl, then place it in the fridge. Use a 6mm (1/4 inch) die food grinder to create coarse mince in a bowl over an ice bath to keep the meat and fat cold.

Add the soaked spice mix to the mince and paddle it together for 5-10 minutes until threads begin to appear in the meat. Add a little more cold water if the meat mixture is too stiff, as it needs to be a soft/smooth mixture that will easily go into the casings.

Place the meat mixture in the refrigerator while you prepare the casings and sausage stuffer.

Fill the sausage stuffer with the cold meat mixture, and carefully stuff the casings, avoiding overfilling and air gaps. Twist the sausages into links and place in the fridge for 6 hours or overnight before cooking them.

Cooking:

To cook cold bratwurst, first place them in a pot with cold, lightly salted water. Heat the pot slowly until the water simmers lightly. Gently poach the bratwurst for 3 to 5 minutes. After poaching, you can either fry them slowly in lard or grill them, ensuring that the bratwurst skins stay intact and the valuable juices do not escape.

Serving suggestions:

To fully appreciate the magic effect of Barbarossa's Brats, serve them with some homemade sauerkraut and a glass of your favourite wine. **No potatoes, no beans, no bread, and no beer!** 😊

For more functional recipes for better health, long life & pleasure:

<https://www.amazon.com/Aphrodisiac-Adventures-Lillian-Zeltser/dp/0648804631>

www.aphrodisiacexpert.com