

Two Classic Westphalian Recipes: *Töttchen* and Peppered *Potthast*

Westphalian cuisine includes a variety of local dishes. Typically for a traditional agricultural region, meat plays an important role in many of the local specialities. Here you will find recipes for *Töttchen* and *Potthast*, two of the most popular dishes from the *Münsterland* region.

Töttchen

Ingredients:

1 tongue of veal
500 g of veal (shoulder or breast)
2 onions
1 bunch of soup greens
2 bay leaves
1 tsp. of pepper
2 cloves
salt

Gravy:

60 g of butter
50 g of flour
2 tbsp. of finely chopped onions
1 tbsp. of mustard
1 pinch of white pepper
salt and sugar

Place the meat and tongue in a pot, cover with water, add the diced onions, soup greens, and seasoning. Simmer at low heat for 85 minutes. Remove the meat and tongue and cut into small cubes. Strain the remaining broth. Melt the butter in a pot and brown the flour in the butter. Add the cooked onions and diced meat and some of the broth. Cook for 7 minutes and season to taste.

Peppered Potthast

Ingredients:

beef (brisket or flank)
onions
celeriac
1 carrot
1 bay leaf
dried bread
pepper

Remove the meat from the bone and cut into 60 g pieces. Add about the same amount of sliced onions, place in a pot with enough water to just cover the meat. Add the celeriac, carrot and bay leaf. Cook until the meat is tender. Skim off the froth and add salt and pepper. When the meat is done, remove the vegetables. Remove the bread crust and gradually grate the dried bread into the broth until the desired consistency is reached. Be careful, it will take several minutes for the bread to bind the gravy. The consistency of the gravy is the key to a good peppered *Potthast*. After letting it simmer at medium temperature for 5 minutes, season with pepper to taste. *Potthast* is traditionally served with a large dill pickle and boiled potatoes.