



Esslinger Weinerlebnisweg

Station

19

Good appetite in Zwieblingen!

As a hearty Swabian specialty often to be eaten in the autumn time we suggest the Swabian onion cake.

The onion was known very early and arrived via Babylonia to the Greeks and Romans, who brought it to Germania in the 1st century AD. The onion is like the grapevine one of the oldest crops of humanity. What works better together as Swabian onion cake and wine from Esslingen?

Swabian onion cake

The ingredients

for the salted yeast dough are:

300 g Flour, yeast, 125 ml milk, 100 g Butter or lard, salt

Let the yeast dough go for 30 minutes.

Topping:

1.000 g Dice the onions, 60 g Butter or lard, 60 g smoked, diced bacon, 250 g Sour cream, 50 g Flour, 4 eggs, 1 Coffee spoon of caraway, salt at will.

Preparation:

The greased round plate (30 cm) is covered with the yeast dough.

For the topping, the cubed onions are glassed with fat and bacon. They are taken off the stove and cooled. First mixed with the flour, then with the eggs, then with the cream and finally with the spice.

(When you put salt in first, the onions draw juice and the cake dough becomes "greasy".)

Be sure to try the topping!

Spread the topping on the cake dough, sprinkle it with butter flakes or bacon and bake it at 180 - 200 degrees in 60 minutes crispy brown.

The onion cake is eaten warm and accompanied by a glass of new wine (Federweisser) or dry wines of Riesling, Trollinger or Lemberger.

As an alternative to the onion cake, a **Salted cream cake** can also be baked.

Dough: 250 g Flour, 120 g butter (possibly lard), 1 tablespoon oil, 1 pinch of salt, 1/10 l milk (maybe add some yeast).

Topping: 3 cup of sour cream / Schmand, 2 whole eggs and 1 egg yolk, 1 teaspoon of flour, salt, chives, Caraway seed.

Knead the ingredients to a smooth shortcrust pastry, chill for 30 minutes, then place a greased, round sheet (30 cm) with the dough.

Also smooth the ingredients of the topping and spread the mixture on the dough, sprinkle plenty of chives and some cumin over it, put butterflakes on top.

Baking time: approx. 30 minutes at 200 degrees.

The cream cake should be served hot and eaten.

Source: Kochen und Backen nach Grundrezepten, Luise Haarer; Kulinarische Stereifzüge durch Schwaben, sigloch edition; Sieghilde Rapp