



# MAGGIE'S "FARM TO TABLE"

AUTHENTIC GERMAN RECIPES

LEROY BOESPFLUG



## **Maggie's Farm To Table German Recipes**

This German family cookbook contains recipes from a previous cookbook, **Recipes of German Tradition**, which was written by the author and his sister, Rose Marie Tormaschy and printed in 1995. This current cookbook has additions of photographs and short stories. The author and his son, Scot A. Boespflug, collaborated to write this cookbook.

The intent of the current cookbook is not only to offer German family recipes, but to familiarize the reader with German family farm life in the early 20th century. To do so, the author collected photographs and stories from the early 1900's. Some stories are his own experiences while others were related to him by family members. Some photographs were gathered from family albums, while many were snapped by the author. To give better access to individual recipes while preparing a recipe from this newest cookbook, spiral binding has been utilized rather than a solid binding.

**Maggie's Farm To Table German Recipes:**

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## INTRODUCTION

The goal of this cookbook is to offer the reader traditional country recipes of German descent, while also providing a feel for the country life that existed in rural North Dakota in the early and mid 1900's. I have "sprinkled" short anecdotes throughout this book in an attempt to share country traditions and practices associated with harvesting, cooking, and baking on the family farm. My hope is that these "sprinklings" can bring to life and preserve some of the rural values and culture that has been lost, but not forgotten, as told through the eyes and experiences of our family.

This cookbook was an outgrowth of my time as director of Adult Continuing Education in Dickinson, North Dakota. At the time, I responded to many community requests for a German cooking class. I could think of no one better equipped to teach the class than my older sister Rose Marie "Rosie" Tormaschy. Rosie and I organized the content and she taught the German Cooking Class, passing on family recipes, cooking and baking techniques for many years.

Most of the recipes in this cookbook serve the more recent *Farm to Table* movement in this country that focuses on recipes primarily created from using ingredients harvested straight from the farm or garden to create delicious dishes, without adding loads of preservatives.

It should be noted that the recipes in this cookbook have intentionally been documented with their original ingredients. Thus, many are high in calories, as this was a crucial component for fueling the men and women who responded to the physical demands of farm life. For those who desire lower calorie versions or have gluten sensitivities, I encourage you to experiment, using available grocery store substitutes. I have experimented with many substitute ingredients, which have resulted in delicious alternative recipes.

The names of the recipes contained within this cookbook have been labeled using our family's "low" German dialect brought over from Germany and Russia when the family first immigrated to the United States. I have also attempted to provide the more familiar English names of dishes whenever possible.

Initially, this cookbook was an outgrowth of the demand by students and community members who wanted access to country cooking recipes. However, as word and popularity of the cookbook spread, several cookbook publishings have been produced to share with anyone who is interested in learning these special recipes. To date, the original book has sold over 5,000 copies and counting!

## ACKNOWLEDGEMENTS



Rose Marie (Boespflug) Tormaschy

A special thank you to my sister Rosie, eldest of my four siblings (Rosie, Lavern, Don, and Lynda) for her contribution in completing this special cookbook. Her willingness to search through her many German recipes and assist with converting them into "easy to understand" language has been vital to preserving the tradition of country cooking. Rosie developed her love for cooking and baking and learned her highly refined skills from our Mother "Maggie". Rosie also had the



foresight to document Mom's recipes as she worked with her in our family kitchen in rural southwest North Dakota. Like most early rural cooks, our Mother typically cooked without the use of any recipe. She had a recipe box with cards that contained special reminders to her regarding individual recipes. They were rough notes written by her to serve as a mental reference. Considering the recipes were made so often, Mom had committed most of them to memory. By the time our mother passed, Rosie had accumulated a significant collection of favorite German family recipes that we will share with you throughout this cookbook.

Thank you to our son Dr. Scot Boespflug, for his encouragement, resourcefulness, ideas and editing efforts in developing this cookbook. Thank you to his mother, my wife, Jeanne Boespflug for her assistance and to our daughter Holly Cummins for her formatting expertise.

## DEDICATION

I want to express a heartfelt thanks to our dear Mother, Magdalene *Maggie* (Dilger) Boespflug. She worked very hard over the years, honing her cooking skills to become a consummate cook. She not only cooked for our family, but prepared many meals for various crews that worked on our farmstead, performing such activities as branding, threshing, haying, planting, and harvesting. It was routine for Mom to prepare and deliver mid-morning and mid-afternoon lunches to feed those working on projects or in the fields. These frequent meals were essential for fueling the workers as they labored on the farm.

Other groups and individuals who benefited from Mom's culinary efforts were hired - hands and the rural elementary school teachers who roomed and boarded at our farm. Mom performed "magic" with meals for any occasion, whether for the farm workers, guests, or our family. When our family left the farm and moved to the city of Dickinson, North Dakota, Mother became a cook at several restaurants to supplement the household income.

Mom is missed not only for her outstanding cooking ability, but also for the unique loving mother and friend she was to so many people. This book is dedicated to her.



Magdalene "Maggie" Boespflug

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## I: NOODLE DISHES

