

# Cooking – the books

This article was specially written for Austria #193 by **Gräfin Schwarzkümmel**, the Culinary Consultant to the Editorial Team. We thank her. Ed.

The Austrian Post Office produced in 2013-2015 a series of booklets – their “Marken Heft”, approximately 160x110mm. These typically contain 30-40 sides of recipes, illustrations and background text, and two pages of Meine Marke (Personalised Stamps) with a design appropriate to the booklet’s theme and in useful denominations (eg standard inland and foreign letter). The total face value of the stamps is usually the same as the booklet’s selling price, which is in the 6 Euro region.

They are difficult to locate on the Austrian Post Office web site, so a table follows with the title, issue date, and reference number. Typing that number into the search box normally produces the correct page. There is a “description” but it tells you little of use – eg “Beinhaltet zwölf Rezepte” (= ‘contains 12 recipes’).

Your Editor tells me he has used the Gulasch booklet’s recipes in his kitchen – and greatly enjoyed the results!

<b>Best of ....</b>	<b>Ref</b>	<b>Date</b>
Kekse	611041	11/11/2013
Cremesuppen	611050	03/03/2014
Schnitzl	611051	03/03/2014
Strudel	611052	03/03/2014
Salat	611056	10/06/2014
Grillen	611057	10/06/2014
Obstkuchen	611058	10/06/2014
Schokolade	611004	18/09/2014
Klare Suppen	611062	18/09/2014
Gulasch	611063	18/09/2014
Vorspeisen	611070	27/11/2014

<b>Best of ....</b>	<b>Ref</b>	<b>Date</b>
Huhn & Co	611071	27/11/2014
Bäckereien	611072	27/11/2014
Torten	615006	16/03/2015
Pasta	615007	16/03/2015
Fisch	615016	15/06/2015
Eis & Co	615017	15/06/2015
Wild	615026	07/09/2015
Süsse Minis	615027	07/09/2015
Weihnachtsmenü	615035	23/11/2015
Weihnachtskekse	615036	23/11/2015



The booklets contain histories of the recipe theme and the main ingredients – for example, the Gulasch one discusses the origin of the dish (Hungarian cattle herdsmen?) and the need for and the history of onions. Cooking hints are supplied: do not expose the paprika to dry heat for more than a few seconds or it will turn bitter; the meat must not be too lean – and much more excellent advice. The book ends with dumpling recipes. There are two pages each with four Gulasch-relevant personal stamps.

Schnitzls have many legends associated with their origin. A Byzantine princess liked her food coated with gold leaf; or, austerity changed this into breadcrumbs; or, the idea came via North Africa to Milan where F.M. Radetsky took a liking to it. The Schnitzl book does include some strange coatings for the schnitzl such as ground pumpkin seeds, honey and sesame seeds, or Parmesan cheese. Three typical pages follow, showing the detailed nature of the recipes.

A photograph of two golden-brown, breaded Wiener Schnitzel pieces served on a white plate. One schnitzel is garnished with a slice of lemon and a sprig of parsley. A small portion of green salad is visible on the side.

Info	Woher kommt der Name „Cordon bleu“?	 <table border="1" data-bbox="1049 1540 1235 1654"> <tr> <td data-bbox="1049 1540 1235 1611">            ÖSTERREICH 62         </td><td data-bbox="1049 1611 1235 1654">            ÖSTERREICH 62         </td></tr> <tr> <td data-bbox="1049 1652 1235 1724">            ÖSTERREICH 70         </td><td data-bbox="1049 1724 1235 1766">            ÖSTERREICH 90         </td></tr> </table>	 ÖSTERREICH 62	 ÖSTERREICH 62	 ÖSTERREICH 70	 ÖSTERREICH 90
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The covers of the booklets give a good idea of their contents so here are all the available ones.



By the way, there is a “Best of Nude” booklet also published by the Austrian Post. It has nothing whatsoever to do with food!