

Deter's Homemade German Goetta

Recipe submitted by Tim Dressman

Nationality/Ethnicity – German

The Story Behind the Recipe

Goetta is a traditional German breakfast meatloaf, normally fried and served with eggs, bacon and/or other breakfast items. Of course, it can be eaten alone anytime, any day. My mother used to make homemade Goetta and serve it as a regular side item every Sunday after Mass. It is distributed commercially now, primarily by Glier's Meats in Northern Kentucky, home of many families of German descent. It is served in restaurants around Cincinnati and Northern Kentucky and distributed in regional grocery chains. However, homemade is always the best.

Ingredients:

- 2 pounds of pinhead oatmeal
- 2½ to 3 pounds hamburger and pork sausage, mixed according to taste (I like it with 2 pounds of hot sausage.)
- 2 cans (12 oz) condensed chicken rice soup (Do not add water)
- 1 package onion soup mix
- 1 tablespoon seasoned salt
- 1 teaspoon table salt
- 1 teaspoon pepper
- (Alternate seasonings may be used and amounts may vary according to taste)

Preparation Directions:

In a large soup kettle or pot, pour 8 cups of water. Add 2 pounds of pinhead oatmeal. Soak oats in water for 8 hours, or overnight, or until absorbed

Brown meat, drain grease, and add meat to oats. Add other seasonings, undiluted condensed soup, and dry package of onion soup mix in soup kettle with oats and meat. Mix ingredients thoroughly. Preheat oven to 325 degrees. Pour Goetta mixture into 3 one-pound cake pans or equivalent. Place cake pans into oven and bake at 325 degrees for approximately one hour. Top of cake should look browned and slightly crisp when finished.

After baking, remove pans from oven and let them cool to the touch before placing them into the refrigerator to gel. Cover pans with aluminum foil and allow cake pans to cool for about 4 hours in the refrigerator.

After Goetta has cooled, make slices about ½" or less thick for frying on oven top. Use either bacon grease or cooking oil to fry Goetta until golden brown and crispy on both sides. (Bacon grease provides more flavor.) Remove from frying pan and drain any excess grease or oil. Goetta is now ready to serve for breakfast, lunch or dinner.