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Wurstsalat and Fleischsalat

1. Oma's Wurstsalat

Ingredients:

- 1 lb cooked salami or ring bologna
- 2 large pickles, German if available
- 1 large onion
- 3 Tbsp white wine vinegar
- 4 Tbsp sunflower oil
- salt, pepper
- fresh parsley to garnish

Instructions:

1. Cut bologna into thin strips (julienned) or thin slices
2. Dice pickles
3. Cut onions into thin rings
4. Put bologna, pickles, and onions into a bowl and gently mix together.
5. Make a salad dressing by mixing together the vinegar and oil. Season with salt and pepper. Pour over Wurstsalat and mix. Sprinkle with the chopped parsley and let sit about ½ hour in fridge before serving.
6. Serve with German bread, pumpernickel, or buns.

2. Oma's Fleischsalat

Ingredients:

- 1 lb cooked salami or ring bologna
- 2 large pickles, German if available
- about 5 Tbsp mayonnaise, German if available
- about 1 Tbsp mustard, German if available (optional)

Instructions:

1. Either dice or cut meat into thin strips (julienned)
2. Either dice or cut pickles into thin strips (julienned)

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3. Mix together the mayonnaise and mustard (if using)
4. Mix everything together and let sit about ½ hour in fridge.
5. Serve with German bread, pumpernickel, or buns.

3. Christian's Rindfleisch Salat (beef salad)

One of our German Facebook fans, Christian Spallek, sent in these photos and instructions of the Rindfleisch Salat (Beef Salad) made by his wife.

He says that whenever she makes a Beef Soup (one of his favorites), she'll buy double the meat. She'll take half the cooked meat (about 1.5 lb) as leftovers for her delicious and easy Beef Salad, made just the way her mother makes it.

- First the cold meat gets diced into small pieces
- Add 2 diced medium red onions and several diced pickles (as much as you like)
- Take 3 hard-boiled eggs, cut into small pieces and add
- Season with Maggi, salt, and pepper
- Add white or red vinegar (depending on your taste) and some (up to 6 spoons) good sunflower oil.
- Mix it well and put in the fridge for 2 - 3 hours.
- Good with Bratkartoffeln (German fried potatoes) and a glass of fresh beer. Guten Appetit!

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