

INTERNATIONAL FOOD FAIR – VIRTUAL TOUR

GRIESS AUFLAUF (Cream of Wheat Breakfast Cake)



GERMANY



SERVINGS

6-9

INGREDIENTS

500 ml Milk (2 cups)
 ½ Cup uncooked cream of wheat
 ¼ Cup butter
 5 Tbsps. sugar
 3 Egg whites and yolks
 1-2 Tsp vanilla



TIME TO
PREPARE

15 minutes prep +
15 minutes cool
time



TIME TO
COOK

35-40 minutes

TOOLS NEEDED

Medium pot, mixing bowls,
 9x9 glass or metal pan,
 hand mixer or whisk,
 spatula.

PROCEDURE

In a pot on medium-low heat cook the milk and cream of wheat stirring constantly until thickened. Let cool in fridge until touchable. (It will get very firm). Separate 3 egg yolks and whites. In a bowl cream together 3 egg yolks, butter, and sugar. In another bowl whip the egg whites until they are stiff peaks. Once the cream of wheat is cooled enough mix in the egg yolk/butter/sugar mixture into the cream of wheat creating a thick yellow batter. Slowly fold the yellow cream of wheat batter into the stiff egg whites with a spatula. The less you stir the better. The air from the egg whites is what makes the cake spongy. Mix until the egg whites and cream of wheat mixture are just combined and do not have any white blobs of egg-white left unmixed. Pour mixture into a greased 9x9 baking pan and bake for 35-40 minutes at 350 F. The cake should be a light golden brown with the edges separating from the side of the dish. It will be a slightly dense cake. Serve cold or hot. It is very good topped with sauces, fresh fruit, or jam. You can also reduce the sugar and add cut vegetables to the batter for a savory version.

Here is a YouTube link if someone making Griess Auflauf for reference, but they add cottage cheese and fruit to their version:

<https://www.youtube.com/watch?v=WoxH6EWsb7s>

Note from Author:

Although I am born Canadian, my mother is from Germany. This German recipe was commonly served with fruit sauce for breakfast or occasionally dessert throughout my childhood.