

THE UN-COOKBOOK

OF

OUR FINAL
FREEZER



GOETTA

ORIGINALLY MADE BY GERMAN IMMIGRANTS IN THE CINCINNATI, OHIO REGION, GOETTA IS A COMBINATION OF OATS AND PORK,

SEASONED WITH BAY LEAF, SALT AND PEPPER. IT IS BEST WHEN COOKED UNTIL CRISP ON THE OUTSIDE, WHILE REMAINING SOFT ON THE INSIDE.

YOU CAN MAKE A STOCKPOT OF IT, COOL IT IN A LOAF, AND THEN PACKAGE INTO SMALLER PORTIONS FOR USE THROUGHOUT THE YEAR.

EQUIPMENT YOU'LL NEED

STOCKPOT

HALF-SIZE COLD STORAGE PAN

JELLYROLL PAN (TO CATCH ANY
SPILLAGE FROM THE STOCKPOT WHILE
BAKING THE GOETTA MIXTURE)

DIGITAL SCALE

SPICE GRINDER

MIXING BOWL AND MEASURING CUPS

CUTTING BOARD, KNIFE FOR CUTTING
GOETTA, BREAD KNIFE FOR
RELEASING GOETTA FROM THE PAN
FOOD PROCESSOR

POTATO MASHER

WOODEN SPOON

VACUUM SEALER, VACUUM SEALING
BAGS, RULER, PERMANENT MARKER

YIELD

YIELDS 12 POUNDS OF GOETTA.

INGREDIENTS YOU'LL NEED

10 CUPS OF WATER

5 POUNDS OF GROUND PORK

1 POUND OF PUREED ONIONS (ABOUT
2 ONIONS)

24 OUNCES OF STEEL CUT OATS

12 BAY LEAVES (GROUND)

3 TABLESPOONS MORTON'S KOSHER
SALT

1 TABLESPOON OF RESTAURANT-
GRIND BLACK PEPPER



WHAT YOU'LL NEED TO DO

1 PORTION 24 OUNCES OF STEEL CUT
OATS INTO A BOWL.

2 GRIND 12 BAY LEAVES WITH SOME
OF THE STEEL CUT OATS TO WEIGH
DOWN THE LEAVES AND MAKE THEM
EASIER TO GRIND.

3 ROUGH CHOP 2 ONIONS AND PUT
THEM IN THE FOOD PROCESSOR.
BLEND THE ONIONS UNTIL THEY ARE
PUREED.

4 PUT 10 CUPS OF WATER INTO A
STOCKPOT ON THE STOVE. DO NOT
TURN ON THE STOVE YET.

5 ADD 5 POUNDS OF GROUND PORK TO
THE WATER.

6 MASH THE GROUND PORK WITH A
POTATO MASHER UNTIL THE MEAT IS
FULLY INCORPORATED INTO THE
WATER.

7 TURN THE BURNER ONTO HIGH AND
BRING THE MIXTURE TO A BOIL.

8 HEAT THE MIXTURE UNTIL IT IS
BOILING.

9 TURN THE OVEN ON TO 325 DEGREES
FAHRENHEIT.

10 ADD THE PUREED ONION, STEEL CUT
OATS, GROUND BAY LEAVES, SALT,
AND PEPPER. FULLY MIX THE
INGREDIENTS UNTIL THEY ARE
INCORPORATED.

11 HEAT THE MIXTURE UNTIL IT IS
BOILING AGAIN.

12 WHEN THE MIXTURE HAS TURNED
TAN, TRANSFER THE STOCKPOT INTO
THE OVEN AND BAKE FOR 1.5 HOURS
AT 325 DEGREES. PUT THE
STOCKPOT ONTO A JELLYROLL PAN
TO PREVENT ANY SPILLAGE FROM
DRIPPING TO THE OVEN.

13 AFTER 1.5 HOURS, CHECK THE MIX-
TURE AND STIR THOROUGHLY. PUT
IT BACK INTO THE OVEN FOR AN-
OTHER 1.5 HOURS AT 325 DEGREES.

WHAT YOU'LL NEED TO DO

14 AFTER 3 HOURS OF TOTAL BAKE
TIME, REMOVE THE POT FROM THE
OVEN.

15 USE PAPER TOWELS TO ABSORB THE
EXCESS FAT POOLED ON THE TOP OF
THE MIXTURE.

16 THOROUGHLY MIX THE GOETTA
MIXTURE.

17 POUR THE MIXTURE INTO A HALF-
SIZE COLD STORAGE PAN. TAP THE
PAN UNTIL THE AIR BUBBLES ARE
REMOVED. SMOOTH THE TOP WITH A
SPATULA.

18 COOL THE PAN FOR 30 MINUTES ON
A COOLING RACK.

19 REFRIGERATE THE PAN OVERNIGHT.

20 REMOVE THE PAN FROM THE
REFRIGERATOR. USE A BUTTER
KNIFE TO LOOSEN THE LOAF FROM
THE SIDES OF THE PAN. TURN THE
WHOLE PAN OVER AND ALLOW THE
LOAF TO RELEASE ONTO A CUTTING
BOARD.

21 CUT THE LOAF INTO THE DESIRED
NUMBER OF PIECES. WE USUALLY DO
3 X 4, MAKING 12, ONE-POUND
CHUNKS OF GOETTA, EACH OF WHICH
IS VACUUM-SEALED. THIS ALLOWS
US TO USE ONE POUND AT A TIME.



22 VACUUM SEAL EACH PORTION AND
STORE IN THE FREEZER.