



READERS' GUIDE

to the
English translation of the
Recipe Book of Karl Muffler

160-page book of recipes hand-written in
German by pastry chef Karl Muffler around the
years 1915-1930

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Introduction

This document serves as a guide for the reader of the English translation of the **Recipe Book of Karl Muffler, circa 1915-1930**, Museums Victoria collection HT18082, and to aid the reader in understanding the content and context of the recipes within. It is intended that the reader utilises this guide together with the translation.

Within this guide, there is information or links to pages with further information about the recipe book, Karl Muffler, and the translation project, including the challenges encountered in the process.

To help better understand the recipes within the book, some of the cakes and pastries are introduced in further detail, as well as some commonly used ingredients in these recipes that may require some or further clarification. Also noted are the measurements, currencies and baking techniques.

The Recipe Book

The recipe book comes in the form of an approximately 160-paged exercise book with a black cover, tan paper binding and red-edged pages.

Within its covers are hand-written recipes, loose-leaf notes, plain pieces of paper as page markers, and pencil illustrations, primarily of cake and pastry designs. The book has 148 numbered pages, with the numbering beginning after a title page labelled "*Rezeptenbuch für Karl Muffler 1915 / Karl Muffler Zizenhausen*" ("Recipe book for Karl Muffler 1915 / Karl Muffler Zizenhausen"—Zizenhausen is a town in south Germany). A further 13 unnumbered pages are included at the start of the book (in the translation under the section "Preliminary Pages"), and the last few pages are comprised of an unfinished table of contents (up until page 29). This has been left untranslated as a table of contents in both English and German has already been provided for the recipe book. The translations of the loose-leaf notes have been grouped together in the section "Loose-Leaf Notes", with headings referring back to the pages between which they are located. While almost all of the recipes and notes were written in German, there are a few recipes and notes in English.

The book was kept by Karl Muffler during his early apprentice years during the first world war in Germany in 1915 (in Freiburg), as well as his early working life at several pastry shops in Germany, including 'Konditorei Zimmerman' in Köln (Cologne), 'Konditorei Mohr' in Hamburg and 'Konditorei Talmon Gros' in

Stuttgart. It also relates to a number of professional references from the aforementioned businesses.

Karl Muffler

Karl Muffler was born in Germany in 1900, qualified as a pastry chef in 1917, and migrated to Australia in 1930. He worked as a pastry chef for Bill Iking in Melbourne, before later establishing his own business. During World War II he was interned at Tatura. He returned to his trade after the war and continued to make cakes even after his retirement. He passed away at the age of 96.

Further information about Karl Muffler is online at:

- [Karl Friedrich Muffler, German Migrant, Pastry Chef & Internee, 1930 \(museums victoria.com.au\)](https://museums victoria.com.au); and
- [Karl Muffler - Immigration Museum \(museums victoria.com.au\)](https://museums victoria.com.au).

Much of the Karl Muffler collection is online at:

<https://collections.museums victoria.com.au/search?query=Karl+muffler>, including several further recipe books.

The Translation

To allow the general English-speaking community to access the contents, this recipe book is translated into English, with a table of contents to aid navigation. For the German-speaking community, transcriptions of the recipe names have been collated in a German table of contents, provided separately.

The translation document consists of four sections:

- Table of contents;
- Recipe translations;
- Preliminary pages; and
- Loose-leaf notes.

The table of contents in both English and German is provided to help readers navigate the recipe book.

The preliminary pages, and the accompanying loose-leaf pages, contain mostly pictures, but translations of the accompanying words are provided at the end of the recipe translations.

For a better representation of the cohesion of the recipe book, especially with regard to the original page numbers, the loose-leaf notes were not inserted

into the translation in the order of the pages, but rather collated at the end with references to the relevant page numbers in the headings.

Translation Challenges

I am a university student who has studied German since the beginning of high school, with my studies of the language totalling almost 10 years. However, being a non-native speaker of German and an occasional hobbyist baker, I encountered several challenges during the translation process.

What proved to be the most prominent challenges were Karl Muffler's cursive handwriting, and the terminology and/or vocabulary used in the German baking or pastry shop context. As a result, there may be inaccuracies in the translation.

Furthermore, due to the timing of this project during the COVID-19 pandemic which prevented direct access to the recipe book, the translation was completed entirely online using scans of the original pages. The quality of the scans may therefore have further impacted accuracy in translation.

German Cursive

Deciphering Karl Muffler's handwriting was no easy feat. Some of the letters in the recipe book looked either indistinguishable (e.g. the letters 'e', 'n' and 'u' sometimes look exactly the same) or quite different to what I expected (e.g. 'd' and 'h' look particularly unfamiliar).

This led to the identification of the German cursive writing style of Kurrent, popular in use at the time. Examples of Kurrent helped to identify particular letters that were hard to read. Some information about Kurrent and examples of the script may be found on its Wikipedia page at <https://en.wikipedia.org/wiki/Kurrent>.

After the initial adjustment phase, reading Karl Muffler's writing became much easier, although untidy script and unclear scans still hindered legibility at times.

Baking Terminology

I am no baking expert, let alone an expert in baking terminology in German, so I encountered many new words, as well as words with new meanings. In particular, recipe and ingredient names were the most challenging to translate. Some German recipes have equivalent English names, while others do not. In other cases, abbreviations and acronyms were unfamiliar to me.

As an example of words that require context to translate accurately, the word "Schaum" in a general context translates to "foam". In this recipe book however, "Schaum" is a reference to "Eiweißschaum", or meringue, literally "egg white foam". It makes sense, but without the link of egg whites, it would be hard to guess!

This example and many others mean that there may be mistranslations of the recipes. While I was able to decipher most of them, this unfamiliarity, along with the language barrier and handwriting challenges, could easily have thrown me off the correct interpretations.

Recipes

The recipe book contains recipes for a variety of cakes, pastries, cookies, ice creams and creams, usually within chapters with an indicative title. Karl Muffler includes a chapter dedicated to Christmas pastries, although Christmas recipes are dispersed within other chapters as well, such as the later ones from pastry shops at which he worked.

Many of the recipes indicate ways to assemble desserts from bases in earlier recipes. An example is the Viennese torte on page 5, which refers to a Viennese [sponge cake] base made from the Viennese [sponge cake] mixture on page 1. The recipe instructs that the cake base is sliced through three times to create four layers, and frosted with red and white cream. Many other recipes are structured similarly, in that a cake or pastry base from an earlier recipe is used and decorated in a particular way.

Some recurring bases are listed below with more detail than provided in the translation, followed by some common types of cakes/pastries within the recipe book that may be unfamiliar.

Common Cake/Pastry Bases

Sand Mixture (*Sandmasse*)

This mixture is named after the “sandy” texture with fine pores that the resulting cake has when this mixture is baked. Similar to a pound cake, this mixture typically contains flour, eggs, sugar and butter (or margarine). To create the “sandy” texture, starch is used to make up most of the flour content, so it doesn’t completely gelatinise with the wet ingredients of eggs and butter, since there is usually no water. A distinction is made between light and heavy mixtures according to the fat content.

Sponge Cake Mixture (*Biskuitmasse*)

A sponge cake mixture is a loose and fluffy mixture typically made of flour (and some starch), eggs and sugar. The air in the baked product is a result of the air beaten into the egg whites and a mixture of egg yolks and sugar.

Viennese Mixture (*Wiener Masse*)

Similar to sponge cake but with a higher fat content, the Viennese mixture bakes into a crumbly and moist cake with fine pores. This mixture utilises the hot

and cold whipping technique mentioned in the “Other Notes” section of this guide.

Mixed Batter (*Rührteig*)

This mixture is similar to the sponge cake and Viennese mixtures, containing typically flour (and starch), eggs, sugar, butter and milk or water, but with a higher fat content that makes it harder to whip. Similarly to the previous mixtures, leavening is usually achieved physically through the air beaten into the egg mixtures, although sometimes chemical leavening agents are also used.

Shortcrust Pastry (*Mürbeteig*)

Shortcrust pastry dough is a firm dough made with flour (and/or starch), butter and sugar or salt, occasionally also with eggs and spices. When baked, the pastry should be soft and crumbly as opposed to the crispier puff pastry. This mixture can be used to make cookies or the crust of pies and pastries.

Linzer Batter (*Linzer Teig*)

Used to make the base of the Linzer Torte, an Austrian pastry similar to a pie which is filled with fruit preserves and topped with sliced nuts, this mixture makes a shortbread-like pastry, or a pastry similar to the above-mentioned shortcrust pastry. It is typically made of flour, eggs, butter, ground nuts (usually hazelnuts), cinnamon, lemon juice and lemon zest.

Choux Pastry (*Brandmasse*)

This pastry dough is initially made of a mixture of flour (and/or starch), fat (usually butter), liquid (usually milk) and sugar to season, which is heated until the flour coagulates and the starch gelatinises, after which some eggs are gradually added. Usually used to make cream puffs, éclairs and Spritzkuchen [German crullers], large holes inside the resulting baked goods are normal.

Common Cakes/Pastries

Tortes

A torte is a type of cake. Usually rich and multi-layered, the torte is filled with buttercream, whipped cream or jam. Sponge cake is a common base for the torte, but other potential bases may include little to no flour, instead made of ingredients like ground nuts or breadcrumbs. Some better known tortes that are included in Karl Muffler's recipe book is the Black Forest Cake (literally translates to Black Forest Cherry Torte), Sacher Torte, and the aforementioned Linzer Torte.

Gugelhupf

A Gugelhupf is a type of Bundt cake typically leavened with yeast and often baked with raisins. In some versions, a Gugelhupf can also be flavoured with almonds or Kirsch, mentioned below.

Stollen

Stollen is a yeasted cake-like fruit bread that is made from a dough of flour, water and yeast, along with many additional ingredients such as dried or candied fruit, fruit zest, nuts, marzipan, rum, and spices. Milk, sugar, eggs or butter is sometimes also added to the dough, but apart from the fruit, the dough is typically low in sugar. Once baked, the bread is usually topped with some icing sugar.

Lebkuchen

The Lebkuchen is Christmas cookie similar to gingerbread. Sweetened with honey, other ingredients that may be added to flavour the dough include spices such as anise and cloves, nuts such as almonds and hazelnuts, and candied fruit. The dough is typically leavened with ammonium carbonate and potassium carbonate.

"Elisenlebkuchen" is the Nuremberg type of "Lebkuchen", and requires that the dough contains more than 25% nuts and less than 10% flour.

Ingredients

The most common ingredients used for the recipes in the book are flour, eggs, sugar and butter, as perhaps is expected. Other common ingredients include nuts (mostly almonds), chocolate, lemon, milk and cream. To leaven batters and doughs, baking powder, ammonium carbonate, bicarb soda and yeast are used. Sultanas, currants and candied citrus peel are the popular choice for fruit additions, as are the spices of cinnamon, cloves, nutmeg and anise.

We noticed several ingredient substitutions when we came across recipes in a particular chapter titled “War Recipes”, which we used in comparison to similar recipes in other chapters. Some examples of these include the use of potato flour instead of starch and substituting butter with water – e.g. in the sand [German pound cake] mixture on page 76, as well as the use of egg powder to replace eggs – e.g. in the Linzer [Austrian shortbread] mixture on the same page.

Flours

Flour

Almost all of the mentions of flour in the recipe book are referring to the usual wheat flour, commonly used then and still in use today.

There are two mentions of rye flour, in the honey cake on page 51 and in the Spritzkuchen [German crullers] on page 99.

Starch

This was translated from the German “*Puder*”, which, in a general context, translates literally to “powder”. However, for the baker, “*Puder*” is often the shorthand used for “*Weizenpuder*” (literally wheat powder), or “*Weizenstärke*” (literally wheat starch).

Starch was a common dry ingredient used, and most likely refers to wheat starch. This addition usually improves the texture of the resulting baked goods. To substitute wheat starch in recreating Karl Muffler’s recipes, you can use corn starch or potato starch.

Potato Flour

This ingredient is likely a substitution in most of the recipes in which it is used. The following recipes in Karl Muffler's recipe book called for potato flour:

- Onion Cake (page 52)
- Shortcrust Pastry Dough (page 76)
- Sand [German Pound Cake] Mixture (page 76)
- Macaroon Tortes – II. Type (page 78)
- Sand [German Pound Cake] Mixture (page 84)
- Sand [German Pound Cake] Mixture with Whole Egg (page 84)
- Sand Torte [German Pound Cake] (page 90)
- Sand Tortes [German Pound Cakes] (page 90)
- Indian [Chocolate-Glazed Sandwich Cookie] (page 90)

Apart from the Onion Cake, these recipes are within the chapter for “War Recipes”, and seem to replace the starch content of the similarly named recipes from other chapters, sometimes along with cornflour.

Cornflour

Similar to potato flour, cornflour is most likely used as a substitute ingredient. The following recipes called for cornflour:

- Sand [German Pound Cake] Mixture (page 84)
- Sand [German Pound Cake] Mixture with Whole Egg (page 84)
- Tea Cake (loose-leaf note between pages 86 and 87)

The first two also used potato flour, but all three were within the “War Recipes” chapter. Like potato flour, it seems this ingredient was used to substitute the usual starch in these recipes.

Nuts

Almonds/Hazelnuts/Walnuts

Almonds were the most popular nut used in Karl Muffler's recipes. Hazelnuts were also common, but used more in recipe names. Walnuts were mentioned only three times. In some cases, no specific nut was specified and only “nuts” were mentioned. Sometimes, the recipes instructed for the nuts to be ground, occasionally with water, oil or egg whites, or just used on their own. In other cases, the recipes instructed that the nuts should be chopped. Occasionally, they are also required to be blanched or roasted.

Bitter Almonds

Bitter almonds were used in the following recipes:

- Cakes (page 32)
- Almond Bombe (page 43)
- Baumkuchen [German Spit Cake] (page 70)
- Fruit Cookie (page 94-1)
- Stollen [Fruit Bread] (page 99)
- Muzen [Fried Shortcrust Pastry] (page 100)
- Dundee Cakes [Scottish Fruit Cakes] (page 129)
- Stollen, Weber's (loose-leaf note between pages 18 and 19)

Green Almonds

Green almonds are unripe almonds, and are mentioned only in the Mushroom Torte on page 26.

Leavening Agents

Sodium Bicarbonate

Sodium bicarbonate, or bicarb soda in the translations, is a commonly used leavening agent in baked goods.

Baking Powder

Baking powder is a mix of a leavening agent, often sodium bicarbonate, a weak acid, and a buffer to prevent the former two from reacting prematurely. German baking powder is single-acting, so only acts when heat is applied, unlike double-acting baking powders which first act when liquid is added before later acting again with heat.

Ammonium

In the recipe book, ammonium refers to ammonium carbonate, a predecessor to the now more commonly used leavening agent sodium bicarbonate. In recreating the recipes, you can substitute this with sodium bicarbonate.

Potassium Carbonate

Potassium carbonate, or potash, is a baking agent commonly used in German gingerbread recipes, such as Lebkuchen (pages 124, 126 and N4), Basler Leckerli (page 44), Printen (pages 50 and 99) and Peppernuts (page 112), almost always with ammonium, the exception being the Printen on page 99, where it is instead only paired with alum. You can substitute this with sodium bicarbonate.

Alum

Alum, or alum powder, refers to aluminium potassium sulphate, a white powder used as a leavening agent in the recipes of Printen (pages 50 and 99), along with potassium carbonate. This ingredient is commonly in baking powder and maraschino cherries. A substitute would be cream of tartar.

Starter

While not strictly a starter like that of sourdough, in yeasted recipes, Karl Muffler requires the prior preparation of a yeast mixture, usually with flour and/or milk.

Alcohol

Wine

Wine is a recurring flavouring ingredient in Karl Muffler's recipes, although the type of wine is not always specified.

Kirsch

Kirsch, or kirschwasser, is a cherry brandy that is commonly used to flavour the German gingerbread recipes as well as some ice cream recipes.

Arrack

Arrack is a spirit distilled from a grain, often rice, and fermented coconut sugar or sugarcane. It was a spirit commonly used by pastry chefs to flavour the desserts and creams, as did Karl Muffler.

Maraschino

Maraschino is a liqueur distilled from Marasca cherries, and used by Karl Muffler primarily to flavour creams and soak cake bases.

Miscellaneous

Candied Citrus/Orange Peel

Candied citrus peel, sometimes also succade, is the candied peel of a citron or citrus fruit. Similarly, candied orange peel is the candied peel of an orange. Karl Muffler often uses this ingredient to flavour his recipes.

Couverture

Couverture chocolate is a high-quality chocolate with a higher percentage of cocoa butter that is used to flavour chocolate desserts or as a garnish.

Croquant

Croquants are dry biscuits, usually made from almonds and caramelised sugar, which Karl Muffler also uses to flavour other desserts like ice cream bombes.

Sugar Candy

Karl Muffler uses sugar candy or brown sugar candy in his recipes for Aachener Printen (page 50), Honey Cake with Spice (page 51) and Printen (page 99). This refers to sugar with relatively large crystals, or rock sugar, used as a sugar substitute which also adds a deep and rich sweetness.

Bitter Orange

A bitter orange, in German "*Pomeranze*", refers to the fruit of a citrus tree native to Southeast Asia, and is used in the Mahlhof Slices on page 16.

Lees

Lees refers to the residual yeast found at the bottom of a vat of wine. Used only in the croquettes on page 79, this addition is likely to add flavour.

Other Notes

Measurements

The most common unit of measurement used by Karl Muffler in his recipe book is represented by an unfamiliar symbol, which is interpreted as the kilogram. This is deduced from the ratio of ingredients to other units of measurement he used, such as the gram, as well as to the recipes in English in some loose-leaf notes, which use similar amounts but with an alternative measurement system. Many ingredients, however, don't specify amounts. This is most common with the spices and ingredients like lemon.

For liquids, Karl Muffler primarily used litres. For the alcoholic additions, sometimes glasses or liquor glasses are used.

In his English recipes, which are primarily on loose-leaf notes, Karl Muffler switches to using pounds, ounces and pints.

Currencies

Karl Muffler denoted the prices in Papiermark, denoted by \mathcal{M} , or Pfennig, denoted by ⴚ and equivalent to the cents, for some of the recipes. This was the currency in use at the time, and most likely represent the price of the pastries at the pastry shops where Karl Muffler worked or completed his apprenticeship.

Baking Techniques

Hot and Cold Whipping

This technique requires a mixture, such as meringue, to be whipped over a hot water bath then taken off the hot water bath and whipped off until it cools down again. Through this method the mixture is stabilised.

Baking on Wafers

To prevent the dough from sticking to trays, monks introduced the idea of baking dough on unleavened communion wafers. This method of baking on some thin wafer base is used with Lebkuchen and some other cookies.

Pastry Dough Folding (*Tourieren*)

In the recipes for Puff Pastry Dough (page 59), Heiße-Wecken [Currant Buns] (page 108), Butterhorns (page 121), Karl Muffler refers to a particular technique

where pastry dough is folded similarly to a letter. The butterhorns mention a simple fold (two folds of a third of the pastry dough overlapping each other) and a double fold (two folds of a quarter of the pastry dough and no overlap).

Cooking Sugar to Strong Balls

This technique is a way of measuring the doneness of cooked sugar. In his recipe for Soft Croquants on page 123, Karl Muffler refers to “strong balls”, which is what the sugar should be able to be rolled into when cooked the right amount. The “strong” refers to the balls being able to keep their round shape even when pressure is applied. Other stages of this measurement of doneness include softer balls that are still able to be moulded.