

SALZBURGER NOCKERLN

RECORD NUMBER: 171

DISCLOSURE DATE

Allegedly, the pastry “Salzburger Nockerln” was invented by Salome Alt, the concubine of Wolf Dietrich Raitenau, Prince-Archbishop of Salzburg, in the early 17th century.

TITLE

Salzburger Nockerln

ABSTRACT OR CLAIM

Salzburger Nockerln are a sweet, golden brown soufflé made of eggs, sugar and flour. It has its origin in Salzburg, Austria. The soufflé shows three golden brown peaks which are dusted with powdered sugar. Allegedly, this is an allusion to three snow-covered hillsides surrounding the city centre of Salzburg. Traditionally, Salzburger Nockerln are served on a silver plate or in a pan.

NAME OF PRODUCT, PRODUCT CLASS

Nockerln, pastry

NAME OF REGION

Salzburg, Austria

FIELD OF SEARCH

Food and dishes

NAME OF INFORMATION PROVIDER

Not specified

NAME OF APPLICANT FOR TITLE

Not specified

HOLDER OF KNOWLEDGE ASSOCIATED RESOURCES

Cooks and chefs in Austria

HOLDER OF TITLE, IF ANY

Not specified

DESCRIPTORS

HISTORY

One can assume that flour-based hot desserts in Austria have their origin in Lenten fare. From around 1800 onwards, hot desserts have become an integral part of menus in restaurants and at home.

SALZBURG CUISINE

The traditional Salzburg cuisine is influenced by the noble court cuisine of Salzburg, in particular by Conrad Hagger and his cooking book (1718/19), but also by regional and simple recipes of mountain farmers which were typically refined to delicate dishes.

Salzburg cuisine owes its great diversity to the wealth of the Archbishops and to the location of Salzburg at the North-West and West-East traffic routes. It is said to be one of the finest cuisines of Austria.

SALZBURGER NOCKERLN:

HISTORY

Although Salzburger Nockerln have a long tradition, their origin is still unclear and several myths and legends exist.

In the early 17th century Salome Alt, the concubine of Prince-Archbishop Wolf Dietrich Raitenau, allegedly invented Salzburger Nockerln. This famous liaison resulted in 15 children and – as marriage was impossible – to the donation of the beautiful Mirabell Castle to Salome Alt. It is said that Salome pampered her beloved man with this delicacy. Cultural historians question this story as the baking oven was invented only in the early 19th century, but it is entirely possible that Salzburger Nockerln were made in a pan in the 17th century.

Another very unlikely legend has it that Napoleon Bonaparte himself should have invented Salzburger Nockerln during his stay in Salzburg.

Most historical recipes required a rather laborious preparation. Later the less laborious way of baking Salzburger Nockerln in an oven became generally accepted.

A main ingredient of Salzburger Nockerln is beaten egg white. The knowledge to beat egg white to a stiff consistency and to use it in cooking techniques was only gradually introduced after 1700.

The famous “Neues Saltzburgisches Koch-Buch” (1719) by Conrad Hagger, personal chef of the Prince Archbishops Johann Ernst Graf von Thun und Hohenstein and Franz Anton Fürst Harrach, reports that “original” Salzburger Nockerln are made from choux pastry.

In the middle of the 19th century a recipe for Salzburger Nockerln is found in cooking books of Archduke John of Austria.

A rather complicated method to prepare Salzburger Nockerln is described in “Die Prato” published in 1858.

Marie von Rokitansky (1897) notes in “Die Österreichische Küche” that Salzburger Nockerln are pyramid-shaped “Nocken” which are made in a pan like an omelette, turned twice and then sprinkled with powdered sugar.

Around 1900, a recipe by Anna Strobl from Golling near Salzburg claims to be the original one.

Salzburger Nockerln have been immortalized in an operetta called Saison in Salzburg - Salzburger Nockerln (Season in Salzburg - Salzburger Nockerln) by the Austrian composer Fred Raymond (1900 – 1954) in 1938. In this composition the soufflé is praised as “Süß wie die Liebe und zart wie ein Kuss” (Sweet as love and tender as a kiss).

Today, Salzburger Nockerln are praised as the “Queen of soufflés”.

DESIGNATION

The origin of the term “Salzburger Nockerln” is unclear. “Salzburg” may be derived from the name of the city of Salzburg or from the area surrounding it. At historical times servants, above all female cooks, introduced regional recipes into urban kitchen.

REGION:

Austria, Salzburg

SALZBURGER NOCKERLN:

Salzburger Nockerln are a sweet golden brown soufflé made of eggs, sugar and flour which has its origin in Salzburg, Austria. Salzburger Nockerln are characterized by three golden brown peaks which are slightly sprinkled with powdered sugar. It is said that this shape is an allusion to three snow-covered hillsides (allegedly Kapuzinerberg, Mönchsberg, Gaisberg or Rainberg or Nonnberg) surrounding the city centre of Salzburg.

Traditionally, Salzburger Nockerln are served on a silver plate or pan. The satiable dessert should be enjoyed freshly baked.

METHOD OF PREPARATION

Recipe from E. Plachutta and Chr. Wagner (eds.) “The 100 CLASSIC DISHES of Austria”

SALZBURGER NOCKERLN (SOUFFLÉ SALZBURG STYLE)

Ingredients for 2 – 3 servings

6 egg whites

4 egg yolks

2 ¾ oz. granular sugar

pinch of vanilla sugar

1 tablespoon rum

pinch of salt

2 oz. granular flour

1 oz. butter for brushing the soufflé dish

½ fluid oz. liquid cream

Preparation:

Brush a heatproof soufflé dish (usually oval-shaped) with the butter; pour in the cream, heat on the stove until the dish is really hot. Preheat the oven to 375 °F (190 °C).

Beat the egg whites with salt and sugar until stiff (take care not to overdo, or it will get liquid again). Fold in the egg yolks, vanilla sugar and rum quickly but carefully, sprinkle the wheat flour on the egg mixture and stir together with a whisk in brisk moves until the mixture is creamy and fluffy.

Use a dough scraper to place three pointed blobs (to represent the three mountains of Salzburg) into the preheated soufflé dish and bake at 375 °F (190 °C) until golden brown (10 – 12 minutes). Sprinkle the finished soufflé with icing sugar and serve immediately.

PROTECTION:

Not specified

KEYWORDS

Food and dishes, Traditional knowledge, Salzburger Nockerln, Soufflé Salzburg style, Austria, Salzburg

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[Salzburger Nockerl – süß wie die Liebe und zart wie ein Kuss](#) (last accessed 7 November 2014)

[Landhotels](#)

[Salzburger Nockerl Salzburger Spezialitäten](#)

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[Salzburger Nockerl](#)

[Kulinarisches Salzburg - Von Gaumenfreuden, Schmankerln und Leckerbissen](#)

[Epikurjournal](#)

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Internet references last accessed 24 February 2010.

ORIGINAL LANGUAGE CODE

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REGIONAL CONTACT

Not specified

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