

German Bierocks

A recipe from Grandma Lippoldt's Kitchen, dough adapted from Hungry Canyon Design (Melissa Nelson) ☺

When I moved to Oklahoma and married Josh, I quickly learned that the town I was moving to was a community with a strong German heritage, and I was thankful to learn this included beer ;) With this, I found myself eating food I had never heard of....cue German Bierocks! Josh and his Dad would always talk about how good his Grandma's bierocks were and that they were a special treat when she would make them! I figured if I was going to live in a German town, I might as well learn to cook them! After many attempts at perfecting the recipe... here is my best one yet and one that is super easy and will make any meal a breeze! Also, do you call them Bierocks or Runza's? (It's up for debate?)

Prep Time: Thaw your ground beef overnight in the refrigerator or for a faster thaw place in cold water

Utensils Needed: Skillet, Mixer, Bowl for Bread, Cutting Board and Rolling Pin

For the Dough:

- 4.5 – 5 Cups Flour
- 1/4 Cup Sugar
- 1 Tsp Salt
- 2 pkg Yeast
- ¾ Cup Milk
- ½ Cup Water
- ½ Cup Shortening (or butter)
- 2 Eggs

For the Filling:

- **1 lb Native Acres Ground Beef**
- 1 Cup Finely Diced Onion
- 4 Cups Shredded/Chopped Cabbage
- 1 tsp Caraway Seeds
- Two Garlic Cloves, Minced
- 1 tsp Dried Dill (or ¼ cup fresh if you have it)
- 2-3 tbsp of dill pickle brine (or water or beef broth)

Directions:

Make the Dough

1. Add sugar, salt and yeast to 1 ¾ cup flour. Heat milk, water and shortening until warm and pour over mixture
2. Add eggs, beat on low speed for 30 seconds, then high for 3 minutes
3. Stir in remaining flour, dough will be soft and sticky, so knead until smooth
4. Cover for 20 min to let rise

Filling Instructions

5. In a large pan, brown 1lb of ground beef over medium heat. Add in onion and cabbage, sauté for 5 min or until softened to your liking
6. Add the caraway, minced garlic, and fresh dill, cook for 15 more minutes until cabbage is tender
7. Stir in pickle brine to deglaze the pan, season to taste and remove from heat

Prepare the Dough

8. Punch down the dough, divide into quarters and roll out thin. Slice into 4 new sections (round for Bierocks, squares for Runza's)
9. Fill each dough piece with a large spoonful of filling, then pull edges of dough around the filling and pinch together to seal
10. Tuck edges under Bierocks and place on a greased pan. Cover pan with tea towel and let rest for 15 more min
11. Bake 13-15 minutes @ 350 degrees! Serve with mustard, tator-tots, pickles and beer for a true German experience!

