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## Кёнигсбергские клопсы: традиции, рецептура и технология

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**Аннотация. Введение.** В статье проведен анализ рецептов, технологических карт и технологии приготовления кёнигсбергских клопсов на предприятиях общественного питания Калининградской области. **Цель.** Провести анализ рецептов, технологических карт и технологии приготовления кёнигсбергских клопсов на предприятиях общественного питания Калининградской области. **Материалы и методы.** В работе использовались аналитические, общенаучные методы, а также приёмы сравнительного анализа. **Результаты и обсуждение.** В ходе работы обнаружено, что прусские традиции не всегда соблюдаются при приготовлении клопсов. Шеф-повара на предприятиях общественного питания добавляют разнообразие в рецептуре и технологии при приготовлении кёнигсбергских клопсов. На сегодняшний день известно более ста рецептов клопсов. **Заключение.** В настоящее время в некоторых ресторанах Калининграда блюдо под названием «Кёнигсбергские клопсы» значится в меню как фирменное. Это блюдо является одним из популярных на сегодняшний день блюд у туристов и посетителей предприятий общественного питания.

**Ключевые слова:** кёнигсбергские клопсы, гастрономический туризм, технология, рецептура, Калининград.

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## Konigsberg klopse: traditions, recipes and technology

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**Abstract. Introduction.** The article analyzes the recipes, process charts and technology for preparing Königsberg klops at public catering establishments in the Kaliningrad region. **Goal.** The article aims to conduct an analysis of recipes, technological charts and preparation methods for Königsberg klopse in catering establishments of the Kaliningrad region. **Materials and methods.** The work used analytical, general scientific methods, as well as comparative analysis techniques. **Results and discussion.** During the work it was discovered that Prussian traditions are not always observed when preparing klops. Chefs at public catering establishments add variety to the recipes and technology when preparing Königsberg klops. Today, more than a hundred klops recipes are known. **Conclusion.** Currently, in some restaurants in Kaliningrad, a dish called "Königsberg Klopsy" is listed on the menu as a signature dish. This dish is one of the most popular dishes today among tourists and visitors to public catering establishments.

**Keywords:** Königsberg Klops, gastronomic tourism, technology, recipe, Kaliningrad.

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**Introduction.** Preserving the ethnic and cultural identity of a people is impossible without attention to their national cuisine traditions, which are intangible cultural heritage and expressive characteristics of both country and nation. National cuisine and eating habits depend on lifestyle and natural environment as well as spiritual and artistic life of the people. The diversity of culinary traditions among Russia's peoples enriches its gastronomic landscape. Multinational Russian cuisine is part of the country's culture, reflecting history, ethnography, traditions, and daily life patterns of various nations living within Russia's territory.

When studying our country's culture, it is interesting to explore regional culinary traditions because they reveal distinctive features of people's cultures. East Prussian cuisine is the result of centuries-old blending of different cultures and traditions. Its dishes reflect the region's history and natural resources. Meat-based dishes remain popular worldwide and in Baltic regions today [1,2]. Prussian (Koenigsberg) cuisine is a local national cuisine of the peoples inhabiting the Baltic region that developed over seven centuries under influences from Brandenburgian, Silesian, and Baltic cuisines. Meat played an important role in the diet of Prussian families (beef, pork, venison, game meat). Although Eastern Prussia no longer exists as a separate state, its culinary legacy continues to live on and inspire modern chefs and food lovers alike. Eastern Prussia was influenced by many nations and cultures throughout centuries.

Traditional East Prussian cuisine relied on simple and accessible ingredients with main components being meat, fish, potatoes, vegetables, and grains. Traditionally, dietary habits and composition of foods depended on the season and availability of foodstuffs for rural and coastal residents. A nation's or region's national cuisine offers a wide variety of dishes but not all become iconic symbols of specific cultures. German cuisine combines diverse regional culinary traditions originating and transforming across historical Germany territories [3]. Nowadays, the typical model of nutrition still largely resembles traditional German cuisine—consumption of meat and vegetable dishes [4].

The richness of gastronomy has increased over time due to interactions between different cultures [5]. As diversity grew, so did intercultural exchange, making culinary exploration attractive for food enthusiasts traveling around the world seeking new exotic flavors. Advances in technology and innovation have driven developments in gastronomy leading to new culinary trends. Gastronomic tourism refers to travel aimed at experiencing the unique cultural and appealing aspects of a region where consuming local cuisine plays a key role in enriching overall travel experiences [6]. Tourism creates emotional connections through symbolic interaction between locals and tourists visiting destinations, contributing significantly to destination branding development. Gastronomy can be used in destination branding strategies [7]. Food culture takes center stage in tourism, fostering alternative tourist routes in regions while preserving local resources. Gastronomic tourism is considered one of the most attractive opportunities offered in holiday locations and thus may play a significant role in resort marketing strategy [8]. National dishes define us not only individually but also collectively as societies, resulting in substantial differences in consumer tastes and preferences across countries. Taste sensations in food are enduring and evolve based on past consumption of certain products available locally [9].

Gastronomic tourism in Kaliningrad attracts more travelers eager to immerse themselves in the unique cuisine combining German, Polish, Lithuanian, and Russian culinary traditions. The city offers a range of restaurants, cafes, and street stalls serving authentic dishes linked to East Prussia's history. This article aims to analyze recipes, technical specifications, and cooking techniques for Königsberg Klopse prepared in public catering enterprises in Kaliningrad Oblast.

**Materials and methods.** The object of the study is the products (klopsy) of public catering establishments in the Kaliningrad region. To achieve the stated goals, the following objectives were defined: to analyze official statistics and data from analytical agencies on gastronomic tourism in the Kaliningrad region; to identify consumer gastronomic preferences; to characterize the key historical and cultural features of East Prussian cuisine in the region. The work utilized traditional methods of applying information technology to search for literary sources from various knowledge bases. Analytical and general scientific methods were applied, as well as comparative analysis techniques. In preparing the material, recipes, process charts, and technologies for preparing Königsberg klopsy at public catering establishments in the Kaliningrad region were reviewed, and the obtained data were summarized. The main results of the study consist of the analysis and systematization of information regarding the recipes and technology for preparing Königsberg klopsy at public catering establishments.

**Results and discussion.** The combination of Baltic nations' cuisines (Prussian, German, Russian, Polish, and Lithuanian dishes) forms the contemporary cuisine of the Kaliningrad Region. Tourist visits and gastronomic tours across various regions of Russia allow discovering traditional cuisine, customs, culture, and population of each area. For the Kaliningrad Region, the traditional meat dish is Königsberg Klopse (also known as Königsberg meatballs or Königsberger Klopse), belonging to the cuisine of East Prussia. Historically, this dish emerged in the eighteenth century and retained its status after World War II as a typical meat dish of German bourgeois cuisine.

Despite varying recipes and transformations in cooking techniques, according to classical recipes, Königsberg Klopse are boiled meatballs made from veal mixed with chopped anchovy fillets, served with capers sauce. The name of the dish comes from the German word “Klopse,”

meaning small pieces of minced meat. In East Prussia and northern Germany, the term “Klopse” historically referred to boiled or fried small cutlets or croquettes made from ground meat (such as veal or pork), sautéed and then simmered in buttery sauce flavored with spices and herbs. In other Baltic regions, the word “Klopse” could apply to fish croquettes. In the city of Königsberg, this dish had another name - “Sauer Klopse” (Table 1).

**Table 1. The most common recipes for Königsberg klops (grams per serving)**

| Ingredients  | Recipe for Königsberg Klops |        |      |     |      |      |
|--|-----------------------------|--------|------|-----|------|------|
|  | 1                           | 2      | 3    | 4   | 5    | 6    |
| Minced meat from pork and veal (beef), in a ratio of 2:1-1:1 | 150                         | -      | -    | -   | 125  | 150  |
| Veal   | -                           | 100    | -    | -   | -    | -    |
| Beef   | -                           | -      | 100  | 100 | -    | -    |
| Pork   | -                           | 42     | 50   | 60  | -    | -    |
| Lard   | -                           | -      | -    | 40  | -    | -    |
| Chicken egg, pcs.  | 1/2                         | 1/4    | -    | 2/5 | 1/4  | 1/4  |
| Egg yolk (for sauce), pcs.                                   | -                           | -      | -    | -   | 1/2  | -    |
| Onion  | 40                          | 40     | 35   | 35  | 40   | 35   |
| Garlic   | -                           | 2      | -    | -   | -    | -    |
| Dijon or table mustard                                       | -                           | -      | -    | -   | -    | 4    |
| Carrot   | -                           | 25     | -    | -   | -    | -    |
| Bun, white bread   | 10                          | 10     | 10   | 30  | 10   | -    |
| Anchovies  | 25                          | -      | -    | -   | -    | -    |
| Sardines in oil or in their own juice (or herring)           | -                           | -      | 50   | -   | -    | -    |
| Bouillon   | 250                         | -      | -    | 100 | 125  | 190  |
| Flour  | 2.5                         | 2.5    | 6    | 4   | 10   | 5    |
| Breadcrumbs  | -                           | -      | 10   | -   | -    | 15   |
| Butter   | 8                           | 2      | 12.5 | 6   | 12.5 | 12.5 |
| Dry white wine   | 25                          | -      | 25   | 30  | -    | -    |
| Cream 10-20%   | 50                          | 42     | -    | 30  | -    | -    |
| Milk   | -                           | p/v    | 50   | -   | -    | 100  |
| Sour cream   | -                           | -      | 4    | -   | -    | -    |
| Lemon juice  | 2.5                         | -      | -    | 12  | 12   | -    |
| Lime, lemon zest   | 2.5                         | p/v    | 1.5  | -   | -    | -    |
| Pickled capers   | 6                           | 4      | 1.5  | 3   | 6    | 2.5  |
| Worcestershire sauce   | p/v                         | -      | -    | 1   | -    | 1.5  |
| Salt   | p/v                         | p/v    | p/v  | p/v | p/v  | p/v  |
| Ground black pepper  | p/v                         | p/v    | p/v  | p/v | p/v  | p/v  |
| Carnation  | -                           | ¾ pcs. | -    | -   | p/v  | -    |
| Bay leaf   | -                           | p/v    | -    | -   | p/v  | -    |
| Sugar  | -                           | -      | p/v  | p/v | p/v  | -    |
| Marjoram   | -                           | -      | -    | p/v | -    | -    |
| Paprika  | -                           | -      | -    | p/v | -    | -    |
| Nutmeg   | -                           | -      | -    | -   | p/v  | -    |

The process for preparing the minced meat for Königsberg klopsy consisted of the following steps: white bread, soaked in milk and squeezed dry, was mixed with sautéed onions and parsley. The resulting mixture was then mixed with egg and minced meat (chopped with a knife or using a meat grinder). The final step involved adding anchovy fillets and lemon zest. The meatballs were formed by hand, rolling the resulting mixture into golf-ball-sized balls. Cooking was done over low heat until done. The sauce was prepared like a béchamel: flour was fried in melted butter, then broth was added, coloring was done with cream, and capers were added for a tart flavor. Depending on the region, Königsberg klopsy was traditionally accompanied by several typical side dishes, which highlight the rich flavor and aroma of the main dish. The most popular side dishes for Königsberg klopsy include: Boiled potatoes – an affordable and common side dish in various regions, highlighting the delicacy of the klopsy and

helping to offset the buttery sauce, preserving the texture of the dish; Cabbage stewed with apples to add a touch of sweetness and tartness to the dish; Fresh green beans, lightly salted and seasoned with olive oil to accentuate the natural flavors of the meat and sauce; Buckwheat – a popular side dish used with many meat dishes. A modern twist on this dish is served with boiled vegetables (beets, carrots) or baked vegetables (zucchini, eggplant, or pumpkin), or pickled cucumbers or tomatoes, which impart a subtle sweet and tangy flavor. The classic recipe and preparation technology for Königsberg klops have evolved, resulting in a diverse range of klops dishes prepared at home or in catering establishments (Fig. 1). As diversity has grown, so has intercultural interaction, making travel to discover new exotic flavors attractive to food lovers. Technological advances and innovations in gastronomy have contributed to the development of gastronomy and paved the way for the creation of new culinary trends.



**Figure 1. Serving option for Königsberg klops**

Currently, in some restaurants in Kaliningrad, the dish called "Königsberg Klopse" is listed on the menu as a specialty. In the Kaliningrad region, this dish remains one of the most popular among tourists and local residents today. However, Prussian culinary traditions are not always strictly observed in the preparation of Klopse. Some head chefs add modern touches to the recipes, such as reindeer meat, sprats, demi-glace, oregano, apple vinegar, etc. There are currently over a hundred known recipes for Klopse, including those made from beef, fish, game, and poultry.

The composition and preparation technology of Königsberg Klopse vary depending on customer preferences and taste. Meat products can be prepared in different ways, but it's best to choose a method that minimizes fat content, meeting the demands of health-conscious modern consumers while enhancing the product's flavor [10, 11]. As shown in Table, the main ingredient of Königsberg Klopse is meat: veal, beef, and pork. Like most meatball preparations, white bread soaked in milk, eggs, and onions are commonly used in the recipes. The distinguishing ingredient is fish. Traditionally, anchovies or sardines are used, lending a particular tanginess to the Klopse. However, fish is less frequently encountered in modern recipes. Recipes incorporating herring muscle tissue, as well as local fish species such as sprats and Baltic herring, do exist. The manufacturing process for Königsberg Klopse shares similarities with teftel (meatball) production (Fig. 2). Preparation begins with gathering necessary ingredients.

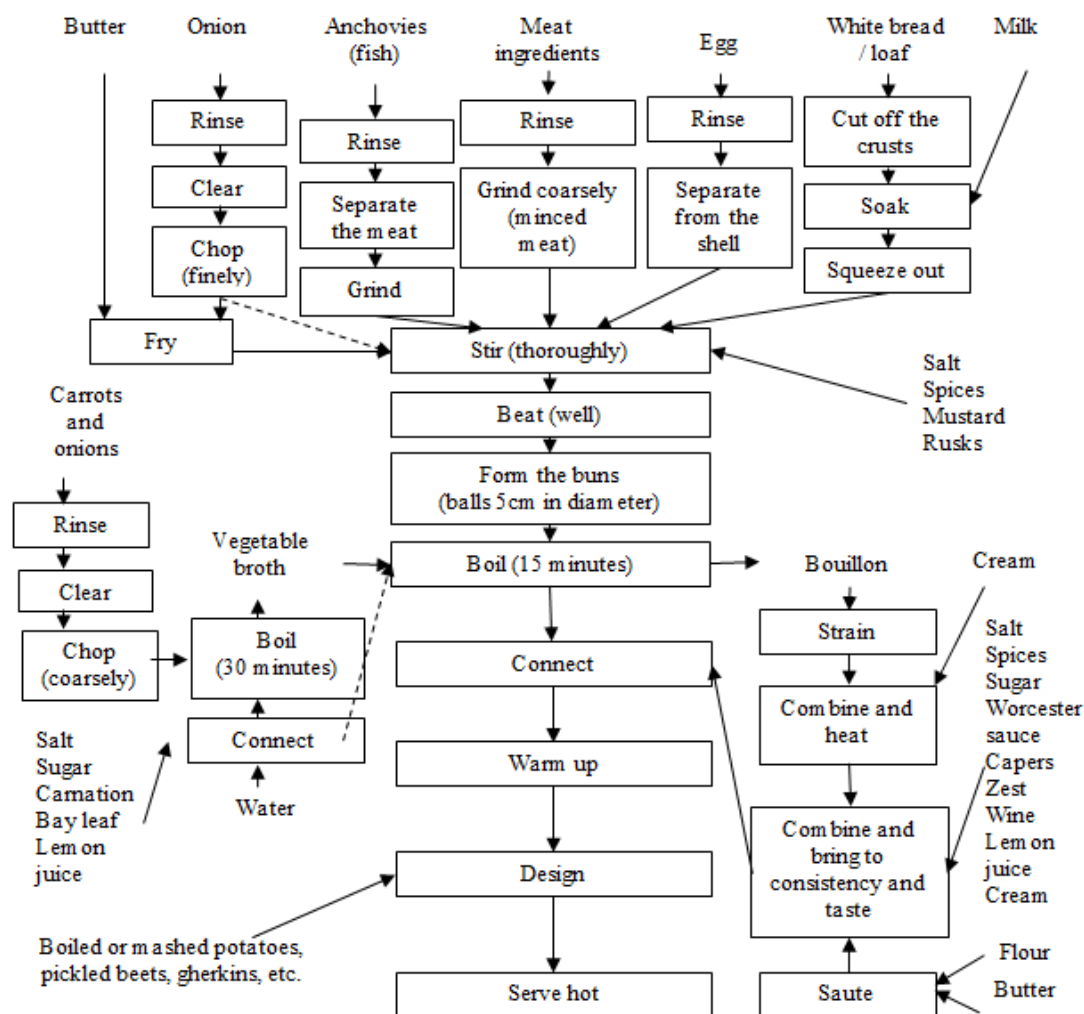


Figure 2. Technological scheme for the preparation of Königsberg klops

Onions should be finely diced and sautéed in butter until softened. Alternatively, fresh onions can be used, though it is recommended to blend them in a blender if choosing this option. Meat products such as meatballs or cutlets can be prepared by mixing ground meat with breadcrumbs, finely chopped onions, salt, spices, possibly eggs, and some food fillers [12]. Fish meat, separated from bones and other non-edible parts, is mashed. White bread is soaked in milk and then squeezed out. After mixing together the meat, onions, egg, bread, and spices, the mass is kneaded until smooth, beaten, shaped into klopse, and then gently poached in hot broth or salted water for about 15 minutes. Once ready, the klopse are transferred to a separate container, and the broth is used to prepare the sauce. For the sauce, flour must be lightly sautéed in butter before slowly whisking in the liquid mixture bit by bit, ensuring any lumps are broken up. Lemon juice, wine, zest, and capers are added to the sauce. Season with salt, pepper, and Worcestershire sauce. Finally, combine the klopse with the finished sauce and reheat everything together. Nutritional and energy values are presented in Table 2.

Table 2. Nutritional and energy value Königsberg klops

| Product weight, grams | Chemical composition |      |               | Energy value, kcal. |
|-----------------------|----------------------|------|---------------|---------------------|
|                       | Proteins             | Fats | Carbohydrates |                     |
| 400                   | 34,0                 | 48,3 | 15,1          | 638                 |
| 100                   | 8,5                  | 12,1 | 3,8           | 160                 |

The main rule for serving is to preserve the classic appearance of the dish, creating an atmosphere of comfort and respect for the traditional recipe passed down through generations of Königsberg (now Kaliningrad) residents.

Serve at a temperature no lower than 65°C with boiled potatoes, pickled beets, and gherkins. Organoleptic characteristics: Appearance: Meatballs approximately 5 cm in diameter with a smooth surface without cracks or breaks, evenly coated with caper sauce. The color of the meatballs when cut is grayish-brown (depending on the meat used). The color of the sauce is characteristic, light cream with small inclusions of chopped capers. The consistency of the meatballs is soft and juicy. The sauce is uniform, without lumps, viscous, moderately thick. The taste and smell of the meatballs and sauce are moderately salty. The aroma and flavor are rich, pleasant, and balanced, with notes of all the ingredients.

Serving Königsberg klops in restaurants is often focused on preserving the authenticity of the recipe and creating a striking presentation. Serving details vary depending on the restaurant. Dish presentation: The klops are carefully placed on a warm plate, forming an attractive centerpiece. A chosen side dish is placed next to them, most often boiled potatoes, cut in half and sprinkled with fresh herbs. Sauce: To create an elegant backdrop and highlight the tenderness of the meat, the sauce is poured over the klops or served separately in a special bowl next to the main course. Garnish: Depending on the season, potatoes, vegetables, or salads are used, arranged around the centerpiece. Fresh herbs (parsley, dill), lemon slices, or fresh cucumber wedges can be used as decorative elements when serving, giving the composition a finished look. Sometimes fresh white bread and a pat of herb butter are offered, giving guests the opportunity to customize the serving to their taste.

**Conclusion.** Gastronomic tourism in Kaliningrad provides an excellent opportunity to delve into the rich history and culture of the region through its culinary offerings. From traditional German dishes to fresh seafood delicacies, there is something to suit every palate. Due to the diversity of options and focus on high-quality ingredients, Kaliningrad is becoming increasingly attractive for gourmet travelers worldwide. This paper presents an analysis of recipes, technological maps, and preparation techniques for Königsberg-style meatballs (Königsberger Klopse) in catering establishments located in the Kaliningrad region. The study revealed that Prussian culinary traditions are not always strictly adhered to during the preparation of these meatballs. Head chefs in catering institutions introduce variations in both recipes and preparation techniques when creating Königsberger Klopse. Currently, more than a hundred recipes for this dish exist. At present, some restaurants in Kaliningrad feature Königsberger Klopse prominently on their menus as signature dishes. These meatballs continue to be one of the most popular items enjoyed by tourists and visitors to dining establishments in the region.

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