

# **PRESS INFORMATION**

## **The Castle-Cook**

### **Sabine Teubler cooking at Burg Schlitz**

Take a young woman with bite and a heart beating for her homeland. Give her your trust and a royal stag. She won't start mourning because it had to die. Instead, in her professional way, she just puts in a little bit of elbow grease. What a delicious challenge! That's exactly what happened at Burg Schlitz in the heart of Mecklenburg Vorpommern.

The castle-kitchen is Sabine Teubler's realm. Situated right in front of the house and embedded in 450 acres of Landscape Park surrounding this stately mansion, are the private hunting grounds of Burg Schlitz. "Foreign" hunters are also welcomed by Sabine Teubler, particularly when they come with rich prey. Whether rabbits, roe deer, wild boar, stags, partridges or golden pheasants, she knows how to handle them with her barely 32 years. Having learnt the ropes in Mecklenburg Vorpommern's first star-restaurant, she can refer to an excellent "breeding", and later swapped a lake-side house for a formidable castle. She has been rattling the pots and pans at Burg Schlitz as mistress of the cooking-spoon ever since. With her can-do attitude and her superbly tuned sensitivity for exquisite aromas and textures, she quickly acquired an indispensable position among the masters and chefs who came and went. Sabine Teubler stayed. Since June 2009 she is kitchen-chef at Burg Schlitz. And she loves to stay, as it is here that she feels at home.

For a cook as attached to her homeland as she is, it is always a great delight when guests ask for dishes which only her homeland can provide. A duck from a farmer of the neighbourhood, a chicken from a nearby village with crisp and fresh vegetables from a farmer's garden, rounded off with wild herbs from the castle-garden.

#### **A Passion for wild Herbs**

Even as an apprentice, Sabine Teubler had discovered her passion for cooking with wild herbs. Whether goutweed, yarrow or cow parsley, she knows exactly when these special gifts of nature grow and where to find them. Thanks to her, old recipes from the castle-kitchen gain today new fame and honour. Because back in the old times, the masters of Burg Schlitz also used wild herbs growing by the wayside, "which is much more appropriate at a place like this than molecular experiments with all these supporting additives", says the Chef. Whether in a happy flock around a long table or in intimate togetherness in secluded private rooms, the guests of Burg Schlitz know how to enjoy the delights provided by the castle-kitchen. As the occasion requires, the Crest-Hall Gourmet-Restaurant offers seats for 30 – 40 guests. For smaller or larger parties there are several elegant salons and festive ball rooms. The wine list comprises 150 positions. One focus is dedicated to wines from the New Eastern States. One of them is the castle-Owner's favourite wine: a Riesling from Proschwitz Castle in Saxonia.

## **A Preference to the natural State**

More than 150 years ago dishes were served at Burg Schlitz, which came from local forests, lakes and wetlands. Sabine Teubler is linked with this tradition. Her compositions are created according to her heart's delight and according to what nature can provide. Her art of cooking bears the classical French hallmark. Sound and reliable through and through. In its natural state, that's Sabine Teubler's favourite. Even in her leisure time. Extensive strolls contrast with her steamy kitchen work. Not to forget her large "family", comprising numerous Cameroon sheep which she breeds. Occasionally she parts with one of them – for guests particularly dear to her.

Burg Schlitz is app. a 90 minutes car ride away from Berlin and Hamburg. Rostock-Laage airport is serviced from Berlin, Frankfurt, Stuttgart, Cologne, Duesseldorf and Zuerich. Train stations are Teterow (coming from Hamburg) and Waren (coming from Berlin).

**Further information:** available under tel. 03996-12700 or [info@burg-schlitz.de](mailto:info@burg-schlitz.de) The entire world of Burg Schlitz opens for the visitor under [www.burg-schlitz.de](http://www.burg-schlitz.de)

**Press information:** Lydia Malethon, PR Profitable, tel. 06723-9137674,  
Email: [l.malethon@pr-profitable.de](mailto:l.malethon@pr-profitable.de)