



CHEESECAKE - THE CLASSIC



INGREDIENTS

- 500 g low-fat quark
- 500 g quark
- · 4 eggs size M
- 250 g sugar
- 120 q flour
- · 125 g soft butter
- · 1 sachet vanilla sugar
- 1 sachet baking powder
- · 2 tablespoons lemon juice
- · Grease for the mold

PREPARATION:

- Mix all the ingredients together well and bake in a greased springform pan at 160 degrees for 50-60 minutes.
- Then leave to cool (cheese-cake is best in the oven),
 carefully loosen the edge of
 the cake from the tin with a
 knife, remove the springform
 rim from the cake and leave
 to cool completely.

Bake cheesecake the day before the big cake fight

CONTENTS

Find out what culinary specialties, there are to discover in the regions of our centers.

3 – Altmarkt-Galerie, Dresden



6 – Rathaus-Center, Dessau



9 - Billstedt-Center, Hamburg



12 – Allee-Center, Hamm



1 – Main-Taunus-Zentrum, Sulzbach / Frankfurt



4 – Rhein-Neckar-Zentrum, Viernheim / Mannheim



7 – Allee-Center, Magdeburg



10 – Saarpark-Center, Neunkirchen



13 - City-Galerie, Wolfsburg



2 – A10 Center, Wildau / Berlin



5 – Herold-Center, Norderstedt



8 – Phoenix-Center, Hamburg



11 — Forum, Wetzlar



14 – City-Arkaden, Wuppertal



15 – City-Point, Kassel



16 – Stadt-Galerie, Passau



17 — Stadt-Galerie, Hamelin



18 – Olympia Center, Brno, Czech Republic



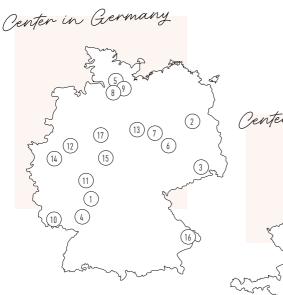
19 — Galeria Bałtycka, Gdansk, Poland



20 – City Arkaden, Klagenfurt, Austria



21 – Árkád, Pécs, Hungary





Centers abroad

GREEN SAUCE WITH HALF EGGS AND POTATOES

Quantity
for 4 portions
Duration
approx. 50 minutes

INGREDIENTS

- 1.5 kg potatoes
- · Salt and pepper
- · 6 medium eggs
- 250 g herbs (parsley, chives, chervil, sorrel, dill, borage, cress, burnet)
- · 2 onions
- 1 tbsp vinegar
- · 2 tablespoons olive oil
- · 300 g sour cream
- · 200 g yogurt

Tip:

Sugar

Serve with chilled cider

- Peel and wash the potatoes and cook in salted water for approx. 20 minutes. Hard-boil the eggs in boiling water for 8-10 minutes
- Wash the herbs, pat dry, remove the stalks if necessary and set aside 4 stalks of burnet for garnishing. Finely chop all the other herbs. Peel and finely dice the onions.
- Drain, rinse and peel the eggs. Remove the yolks from 2 eggs and pass through a sieve, finely chop the whites.
- Place the herbs except for 1 tbsp for garnish - in a bowl with the onions, egg yolk and egg white. Add the vinegar, oil, sour cream and yogurt. Mix everything well and season the sauce with salt, pepper and sugar to taste.
- Drain the potatoes and leave to steam briefly. Cut the remaining eggs in half and arrange on serving plates with the sauce and potatoes. Garnish each with 1 stalk of burnet and the remaining herbs.



BRANDENBURG GAME GOULASH WITH MUSHROOMS

Quantity

for 4 portions

Duration

approx. 2 hours

INGREDIENTS

- 750 g wild boar goulash
- 80 g bacon
- 125 g sour cream
- 500 ml game stock
- 1 tbsp flour
- 150 g wild mushrooms, fresh, mixed
- 1 onion
- · 4 peppercorns (black)
- 4 juniper berries (crushed)
- 1 thyme (dried)
- · Salt and pepper
- · 1 shot of red wine
- 2 tbsp redcurrant jam (black)



Typical for Wildau/Berlin



- · First rinse the meat in cold water and pat dry. Then cut the bacon into small cubes, peel and dice the onion and clean the mushrooms.
- Then heat the oil in a frying pan and fry the bacon cubes for about 5 minutes.
- · Then add the diced onion and fry for a further 5 minutes. Add the game goulash and fry vigorously for about 10 minutes, stirring to ensure that as much roasted meat as possible is added.
- · Now add the red wine and pour in the game stock. Add the juniper berries, peppercorns, thyme and salt, cover and simmer over a medium heat for about 1 hour.
- · At the end of the cooking time, add the mushrooms to the goulash and cook for a further 10 minutes. Meanwhile, mix the sour cream with the flour, add to the goulash and bring to the boil once.
- Finally, season the Brandenburg venison goulash with salt and pepper to taste, stir in the blackcurrant jam and serve.

EIERSCHECKE

Quantity

or a cake

Duration

approx. 30 minutes

INGREDIENTS

- 750 g quark
- 1 pt. cream pudding powder or vanilla powder
- · 2 eggs
- · 360 g sugar
- Fat and breadcrumbs for the mold
- · Ingredients for the blanket
- 375 ml milk
- · 1 pt. custard powder
- 5 eggs (separate)
- · 100 g butter
- · 1 pinch of salt



- First boil 375 ml milk, 180 g sugar and custard powder to make the custard for the top.
- Stir in 5 egg yolks and the butter.
- For the quark layer, mix 2 eggs, 180 g sugar, 750 g quark and pudding powder in succession and pour into a greased and crumbled springform pan.
- Beat 5 egg whites with a pinch of salt until stiff and carefully fold into the custard egg yolk mixture. Now place this layer on top of the quark layer. The mold is
- full to the brim, but normally nothing overflows when baking.
- Bake for approx. 1 hour at 180 °C top/ bottom heat, covering halfway through if necessary to prevent over-browning.

ODENWÄLDER KÖCHKÄS'

Quantity

for 4 portions

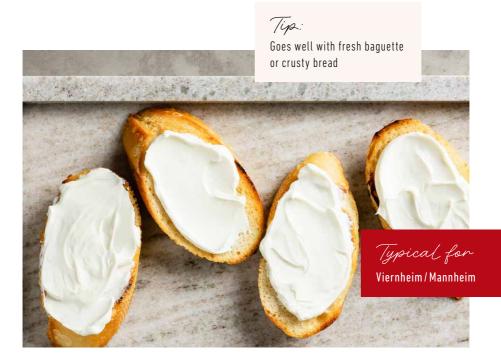
Duration

approx. 10 minutes

INGREDIENTS

- · 250 g butter
- · 250 g hand cheese
- · 200 g cream cheese
- · 1 small tin of condensed milk
- 1 cup of sour cream
- · 1 teaspoon baking soda

- Cut the hand cheese into small pieces, heat in a pan with the cream cheese and condensed milk, stirring constantly, until dissolved. Add the butter.
- Finally, add the sour cream and baking soda.



GREEN CABBAGE WITH KASSELER, SAUSAGE, PORK CHEEK AND SMALL FRIED POTATOES

Quantity
for 6 portions
Duration
approx. 4 hours

INGREDIENTS

- · 3 kg kale
- · 3 onions (chopped)
- 250 g lard
- Salt
- 1 liter of water
- 600 g pork belly (lean)
- · 600 g smoked pork loin
- 6 sausages (smoked)
- 1 kg jacket potatoes (boiled)
- · Clarified butter for frying
- · 4 tsp sugar

- Wash the kale several times, drain, pluck from the stalks and chop into small pieces.
 Blanch in salted water.
- Fry the onions in the lard until translucent.
 Add the kale and season with salt. Pour in 1 liter of water and cook for approx.
 1-2 hours.
- Cook the pork belly and pork loin on the cabbage for about 1 hour and the sausages for about ½ hour.



- for a "creamy" consistency
- In the meantime, peel the potatoes and leave to cool. Heat the clarified butter in 2 large frying pans. Fry the potatoes, turning frequently, until golden brown all over, season with salt and finally caramelize with the sugar.
- Slice the meat and serve with the potatoes and kale.

RICE PUDDING WITH SAUSAGE

Quantity

for 4 portions

Duration

approx. 30 minutes

INGREDIENTS

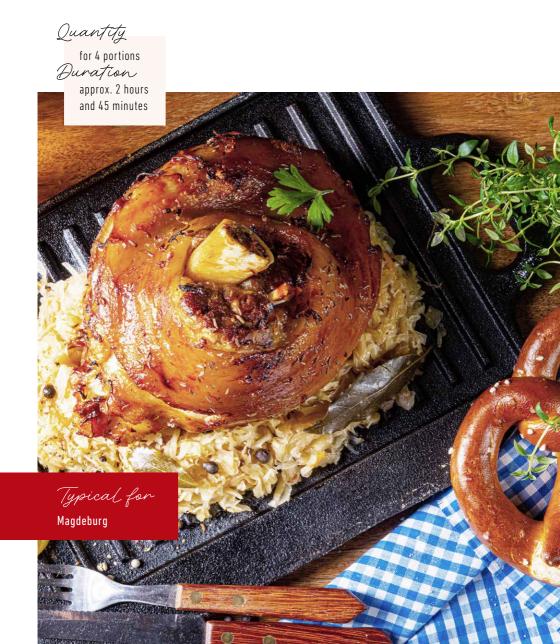
- 3 cups rice pudding or parboiled rice
- · 1.5 cups of water
- · 5 cups of milk
- · 1 pinch of salt
- 4 large sausages
- · 2 tablespoons butter
- · Sugar-cinnamon mixture

PRFPARATION.

- Bring half a cup of water to the boil. In the meantime, wash the rice and add it with the milk. Bring to the boil, add salt and stir once. Cover, turn off the heat and leave the rice to cook on the hob.
- Scald the sausages and dry them. Heat the butter in a pan and fry the sausages until brown on all sides. Prick with a roulade needle to release the fat. Be careful it splatters! Keep the fried sausages warm and boil down the fat with a cup of water.
- Spread the rice on the plates, sprinkle thickly with the sugar and cinnamon mixture and pour the hot fat over it.
 Then place the sausage on top.



BÖTEL WITH CLAY AND STRAW



INGREDIENTS

- 500 g sauerkraut
- 350 g yellow peas (dried)
- · 150 g dried meat
- 5 juniper berries
- 3 I water
- · 2 pork legs (salted)
- · 2 potatoes
- 2 shallots

- 2 cloves
- 1 large onion
- · 1 bay leaf
- · 1 bunch of greens
- · 1 tbsp clarified butter
- 1 tsp marjoram (grated)
- · 1 teaspoon peppercorns
- · Salt and pepper

Tip:
Served with a cool dark or light wheat beer

- Soak the peas overnight the evening before.
- Bring 3 liters of water to the boil in a large pan. Meanwhile, rinse the leg of ice cream and greens, peel the greens and onion and lard the onion with the bay leaf and cloves. As soon as the water boils, add the leg of ice cream, greens, onions and peppercorns and simmer over a low heat for 90 minutes with the lid on.
- Just before the end of the cooking time, peel and finely chop a shallot.
- After the cooking time has elapsed, remove the ice cream legs from the pan, strain the stock into a bowl and set the soup vegetables aside. Add the clarified butter to the large pan, melt and sauté the chopped shallot in it. Mash the juniper berries with a fork, add them to the shallot together with the sauerkraut, pour in 250 ml of stock and simmer for 30 minutes with the lid on a low heat. Drain the

- peas. Leave to cook. Meanwhile, peel the remaining shallot and potatoes and dice in the same way as the dried meat.
- Place the drained peas in a separate pan with the shallot, potatoes, strained greens and 350 ml of knuckle of pork stock.
 Season with the marjoram, salt and pepper and cook with the lid closed over a medium heat for 45 minutes.
- After the sauerkraut has simmered for 30 minutes, add the ice cream legs and simmer for a further 20 minutes or so. Just before the sauerkraut and peas are cooked, fry the diced bacon in a small pan.
- Puree the pea mixture with a hand blender and then season to taste again.
- Cut the meat from the Eisbeine (Bötel) and arrange on plates together with pea puree (loam) and sauerkraut (straw). Spread the dried meat over the peas and sauerkraut and serve the Bötel with "clay" and "straw".

LABSKAUS

Quantity

for 4 portions

Duration

approx. 50 minutes

INGREDIENTS

- 750 g potatoes (peeled)
- · 2 onions (diced)
- 1 tin of corned beef (cut into small pieces)
- · 3 gherkins (diced)
- · Some cucumber liquid
- · Salt and pepper
- · Allspice powder
- · some beet (optional)
- · Margarine for frying
- · 4 eggs (fried)
- 4 Matjes herrings, Bismarck herrings or rolled herring

PREPARATION:

- · Cook the potatoes as boiled potatoes.
- In the meantime, sauté the finely diced onions in a little fat until they turn blond.
 Add the finely chopped cor ned beef and cook with the lid on for approx.
- Sauté for 3 minutes. Then add the diced gherkins with a little of the gherkin stock. Season to taste with salt, pepper and allspice. If desired, add some diced beet. Allow everything to simmer gently for about 10 minutes.
- Mash the cooked potatoes a little, but not as finely as mashed potatoes! Stir in the corned beef mix. If the mixture is too firm, stir in a little more gherkin water.
- Fill onto plates. Serve with fried egg and matjes, Bismarck herring or rollmops to taste.

Tip:

Other pickled vegetables such as beet, silver onions or mini corn also go well with it





ROTE GRÜTZE

Quantity

for 25 portions

Duration

approx. 3 hours

and 30 minutes

INGREDIENTS

- · 1 liter red wine
- 300 g sugar
- · 250 ml water
- · 100 g corn starch
- 2.5 kg berries, red, washed and cleaned

PREPARATION:

- Bring the red wine and sugar to the boil. Stir the starch into the water until smooth, then stir into the boiling red wine. Add the berries and bring to the boil once. Chill for at least 3-4 hours.
- Keeps in the fridge for about a week.



Serve the red fruit jelly with vanilla sauce or ice cream and garnish with karamellized nuts

Typical for Hamburg

DIBBELABBES

Quantity
for 4 portions
Duration
approx. 1 hour

INGREDIENTS

- · 1.5 kg potatoes
- 150 g dried meat (smoked pancetta or bacon)
- · 2 small onions
- · 1 bunch of parsley
- · 2 medium eggs
- · Salt and pepper
- · Oil for frying
- Maggi



Best served with a head or endive salad

PRFPARATION:

- Peel, wash and finely grate the potatoes using a grater or food processor.
- Finely chop the onions and parsley.
- · Cut the dried meat into small cubes.
- Now stir the onions, parsley, dried meat and eggs into the finely grated potatoes and season to taste.
- Then place in a sufficiently large pan, place on the stove and heat the oil in it.
- Now add the potato mixture to the pan and fry over a medium heat. Now it just needs to be turned regularly, but always wait until a golden crust has formed on the bottom.
- The meal is ready after about 20 minutes.

Typical for
Neunkirchen

HANDKÄS WITH MUSIC

Quantify

for 4 portions

Duration

approx. 10

minutes

PREPARATION:

- Mix the ingredients for the marinade and pour over the mature hand cheese. Sprinkle with pepper or caraway seeds.
- Served with hearty brown bread with butter and a glass of cider if you fancy.
- · Best kept covered in the fridge.

INGREDIENTS

· 4 Hand cheese

INGREDIENTS FOR THE MARINADE

- 8 tbsp vinegar
- · 4 tbsp cider
- · 4 tablespoons oil
- · 4 onions (diced)
- Pepper and / or caraway seeds for sprinkling

Typical for Wetzlar

Wetzlar

if you dicheese ridge for

Tip:

Tastes even better if you leave the marinated cheese to marinate in the fridge for 2 – 4 days

WESTPHALIAN POTATO SOUP WITH HEARTY SLICES OF PORK SAUSAGE

Quantity

for 6 portions

Duration

approx. 30 minutes

INGREDIENTS

- · 750 g potatoes
- · 1 leek stalk
- · 2 large carrots
- · ¼ tuber of celery
- · 1 large onion
- · 1 clove garlic
- 1 tsp marioram
- 1 ½ liters of vegetable stock
- 1 ring (cabbage) sausage
- 1 sausage (Mettenden)
- 1 sausage (wiener)
- 1 bunch of curly parsley
- · 3 tablespoons oil
- 150 g cream
- · Salt and pepper

PREPARATION:

- Roughly dice the potatoes, celery and 1 carrot. Finely dice the onion and garlic and cut the white part of the leek into rings. Heat the oil and sauté the potatoes and vegetables well. Season with the mayonnaise and continue to sauté for approx. 1 min. Always stir well so that nothing sticks. Pour in the stock and cook over a medium heat.
- In the meantime, cook the cabbage sausage in hot water.
 Cut the second carrot into small cubes and cook until al dente.
 Cut the green part of the leek into fine rings. Cut the sausage ends and wieners into slices.
- Once the potatoes are soft, finely puree the soup, add the cream, cut the cabbage sausage into slices and add to the soup with the other sausages. If the soup is too thick, you can dilute it with the cooking water from the cabbage sausage.
- Now add the remaining diced carrots, the leek rings and the chopped parsley. Season to taste with salt, pepper and nutmeg.



If you can't get cabbage sausage, use more pork sausage, wiener or

70

ASPARAGUS AND HAM ROLLS

Quantify
for 4 portions
Duration
approx. 30 minutes

INGREDIENTS

- 1 tsp butter
- 1 pinch of sugar
- Salt
- 24 white asparagus spears
- 200 g Emmental cheese
- 8 slices of cooked ham (not too thinly sliced)
- some finely chopped parsley or chives





PREPARATION:

- Peel the asparagus with an asparagus peeler or a sharp knife and cut off the ends.
- Heat water with 1 tsp butter, sugar and a little salt in a wide pan and add the asparagus spears.
- Cover and cook for 12 to 15 minutes, depending on the thickness of the sticks.
- In the meantime, cut the cheese into
- Cut 16 slices. Depending on the shape, cut the ham slices into rectangles.
- Wrap 3 asparagus spears in a slice of ham and top with Emmen taler.
- Bake in a preheated oven at 200 °C for a few minutes until the cheese melts.
- Serve sprinkled with parsley or chopped leek.

Typical for Wolfsburg

KOTTENBUTTER



INGREDIENTS

- 1 Kottenwurst sausage (smoked)
- 8 slices of brown bread (wholemeal bread)
- 1 Butter
- · 1 jar of mustard
- · 1 large onion

- Cut the Kottenwurst into slices.
- Peel the onion and cut into rings/strips.
- Spread butter on two slices of bread. Place the sausage on the bread. Spread the mustard on the sausage and place the onions on top. Fold the slices of bread together.

DUCKEFETT

Quantify
for 4 portions
Duration

approx. 10 minutes

PREPARATION:

 Cut the bacon and onion into small cubes and fry in oil. The onions should not brown. Then add the sour cream and bring to the boil.
 Season to taste with salt and pepper.

INGREDIENTS

- 125 g bacon, fat or bacon fat
- 2 cups sour cream or sour cream
- · 1 large onion
- Some oil
- · Salt and pepper



Tips:
Serve with lukewarm jacket potatoes and sprinkle with herbs of your choice

ROAST PORK WITH DUMPLINGS AND SAUERKRAUT

INGREDIENTS FOR THE ROAST PORK

- 1 ½ kg pork neck with bone - bone in
- · Salt and pepper
- · 2 garlic cloves
- · 2 onions
- · 1 piece of celeriac
- · 2 tsp caraway seeds (ground)
- · 2 bay leaves
- · 4 allspice grains
- 2 tablespoons clarified butter or pan butter
- 1 packet of gravy for roast pork
- 1 1/2 liters of water

INGREDIENTS FOR THE SAUERKRAUT

- 1 tin of sauerkraut
- 1 tbsp clarified butter or pan butter
- · 1 onion, finely diced
- · 1 tsp sugar
- · 4 juniper berries
- · 1 tsp stock (instant)

EXCEPT

- · 750 g dumpling dough
- · Parsley to serve

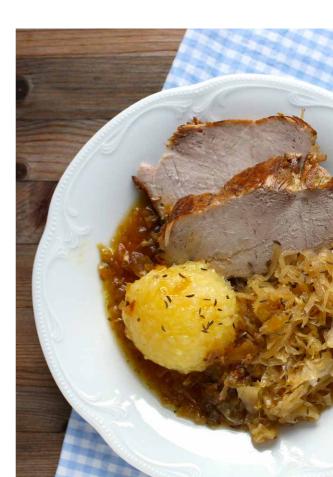
Quantity

for 4 portions

Duration

approx. 3 hours

Typical for Passau



PREPARATION:

 When buying the pork neck, have the bone removed. Clean, peel and wash the vegetables (carrots, onions, celery and garlic). Rinse the meat in cold water, pat dry and season well on all sides with salt and pepper. Heat the butter fat (2 tbsp) in a pan and fry the meat (including the bones) well on all sides. Finally, fry the onions well too.



- Then briefly fry the garlic cloves, carrots and celery, deglaze with hot water and add the spices (2 tsp ground caraway seeds, 2 bay leaves and 4 allspice seeds). Roast with the lid closed for approx. 1 ½ 2 hours. Turn a few times and, when the liquid has reduced, keep adding water. At the end of the roasting time, remove the roast and leave to rest covered. Remove the spices (bay leaves and allspice seeds) and vegetables from the roasting juices. Stir in a packet of gravy for roast pork and bring the gravy to the boil briefly.
- Cook the sauerkraut while roasting / See below for recipe: Heat the clarified butter, sauté the diced onion, add the sugar and allow to caramelize a little. Add the sauerkraut and juniper berries (caution: may splatter!), sauté and add a little stock.
- (1 cup /1 tsp instant). Simmer for 20 minutes with the lid on. Stir occasionally.
 Caution: Can burn. Add more stock if necessary.
- Cook the dumplings in salted water (2 tsp) according to the packet instructions.
- Cut the roast pork into slices with a sharp knife. Serve the bones separately to nibble off. Serve the roast pork with dumplings, sauce, sauerkraut and the roast vegetables, garnished with parsley.

GUELPH DISH

Quantity
for 4 portions

Duration
approx. 10 minutes

INGREDIENTS FOR THE CREAM

- 500 ml milk
- · 40 g sugar
- 1 bag of vanilla sugar
- · 40 g cornflour
- 4 egg whites, beaten until stiff

INGREDIENTS FOR THE FOAM

- · Egg yolk
- 80 g sugar
- · 250 ml white wine
- ½ Lemon
- · 1 tbsp cornflour

PREPARATION:

- Bring the milk and sugar to the boil (reserve 5 tbsp). Stir the cornflour into the remaining 5 tablespoons of milk, add and bring to the boil briefly.
- Fold the beaten egg whites into the hot cream and pour into a glass bowl or glasses.
- For the wine foam, put all the ingredients in a saucepan (do not use aluminum!).
- Heat over a medium heat, beating vigorously. Allow to bubble up briefly, then remove and continue beating until it has cooled slightly.
- Pour the wine foam onto the cooled cream and chill until ready to serve.



Tip:

Garnish with blueberries - their fresh tartness perfectly complements the sweetness of the cream



CABBAGE THE MORAVIAN WAY

Quantity

ffor 4 portions

Duration approx. 1 hour 20 minutes

INGREDIENTS

- 0.5 kg potato
- · 2 tablespoons flour
- 100 g bacon
- · 0.5 kg white cabbage
- · 2 l salt water
- · 1 pinch of pepper
- · 1 pinch of salt

PREPARATION:

- · Peel and grate the potatoes.
- · Remove the stalk from the cabbage, cut into noodles and boil in salted water until soft.
- · Dice the bacon, fry the flour briefly in it, add a little water and add to the cabbage together with the raw, peeled and grated potatoes.
- · Cook for 15 minutes. Season to taste with salt and pepper.

Tip:

snackin hetween

Typical for Brno, Czech Republic





Tip:

BIGOS

Quantify
for 3 portions
Duration approx. 3 hours and 45 minutes

INGREDIENTS

- · 500 g game meat, pork and beef mixed or just one type
- · 250 g streaky bacon
- · 250 g white cabbage
- · 500 g sauerkraut
- 1 apple (tart)
- · 3 tomatoes
- · 3 onions
- · 2 garlic cloves
- · 1 bay leaf
- · 2 tbsp tomato puree
- · 2 tbsp paprika powder
- 125 ml beef stock
- · 125 ml red wine
- · n.B. Salt and pepper
- · n.B. marjoram
- · n.B. Caraway
- · 2 tablespoons lard



Typical for Gdansk, Poland



- Dice the bacon and meat and fry in hot lard. Add diced onions and chopped garlic with sliced or finely chopped white cabbage, diced apple, peeled tomatoes (scald with water beforehand, then peel and chop) and sauer-kraut. Crush the allspice seeds. Season the meat and vegetables with allspice, paprika, caraway, salt and pepper. Fry everything well, season to taste and then pour into an ovenproof dish.
- Mix the tomato purée, stock and wine and pour enough into the dish to cover the contents.
- is just covered (if necessary, top up with a little red wine / stock)
- Cover and cook in a hot oven at 220 °C top / bottom heat for approx. 2 to 3 hours.
- Depending on taste, you can also add mushrooms and porcini mushrooms (100 g each) as well as 3 garlic sausages ½ hour before the end of the cooking time.

KÄRTNER KASNUDELN

Quantity
for 3 portions

Duration
approx. 45 minutes

INGREDIENTS

- 250 g flour (plain)
- · 1 pinch of salt
- 1 egg
- 125 ml milk
- 500 g potatoes (waxy) cooked in their skins
- 500 g quark
- · 1 teaspoon salt
- 50 g butter
- 1 small onion (chopped)
- · 1 pinch of mint
- · 1 pinch of parsley
- · 1 pinch of marjoram

- Mix the flour, salt, milk and egg and knead into a smooth, not too firm dough. Leave to rest for an hour and prepare the filling in the meantime.
- Peel the potatoes while still hot and mash them with a fork.
- Fry the onion in butter until golden brown. Leave to cool briefly, then mix with the quark, salt and finely chopped herbs and shape into 16 equal-sized balls.
- Roll out the dough one millimeter thin and cut 16 equal pieces from just over half of it.
- Place the balls in the center of the dough pieces and cover with the remaining dough so that a finger-thick edge remains around each ball.
- Press the edges together well and "roll out" the finished pasta with a pastry wheel.
- Bring salted water to the boil, add the pasta and leave to cook for ten minutes just above boiling point.
- Pour over with brown butter or hot clarified butter.





PORK ROLLS ZENGŐVÁRKONY-STYLE

Quantity
for 2 portions
Duration
approx. 50 minutes

INGREDIENTS FOR THE PORK ROLLS

- 400 gr pork (sliced pork; leg, shoulder or loin)
- 200 g mushrooms (sliced, from the tin)
- · 50 gr ham (sliced)
- 1 tablespoon sour cream
- · 30 ml milk
- Pepper to taste
- · Salt to taste
- 150 ml sunflower oil (for frying)

INGREDIENTS FOR THE BREADING

- · 50 g fine flour
- · Half an egg
- · 50 gr breadcrumbs

- Roll up the pork slices well.
 Then season with salt.
- Add a little water to the chopped champignons. Cook for 10 minutes. Season to taste with salt and pepper.
- Then add the flour slurry (it will be very thick), then the sour cream and milk. Cook for a few more minutes.
- When the mushrooms are cooked, spread them over the slices of meat, place the ham on top and wrap tightly. Make sure you don't put too much of the mushrooms on, otherwise they will run out when you roll them up.
- · Secure with a meat clip.
- Then coat in breadcrumbs and fry in hot oil.
- Remove the meat sticks before serving, the breadcrumbs hold the mushrooms together.





Rice as a side dish, but mashed potatoes, parsley potatoes and fresh salad also go well

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