

Bryndzové halušky is a Slovak dumpling dish

The recipe below would serve 2-3 persons:

Ingredients:

- 750 g peeled raw potatoes, finely grated
- Salt
- 250 g flour
- 250 g fermented sheep cheese spread (bryndza)
- 100g pork fat or bacon, cooked, then cut up into small pieces

The ingredient that makes this national dish of Slovakia a favorite is the sheep's milk cheese, which has a slightly sharper taste than the non-flavored goat cheese spread.

After the grated potatoes are mixed with the flour (and salt), they are molded into small cylindrical chunks of ca. <3 cm., and gently placed in boiling (and if desired, salted) water.

When the dumplings rise to the top of the boiling water, one is removed to check if the dumpling is thoroughly cooked, then the still-hot dumplings are removed from the pot of boiling water with a slotted spoon, and placed on a warmed plate.

Immediately after dumplings are placed on the plate, small chunks of sheep's milk cheese (bryndza) are placed on top, causing the cheese to melt over the potato dumplings. Prior to sprinkling the crispy pork bits on top of the bryndza, some may prefer to mix up the potato dumplings and bryndza first, then serve piping hot.

It can be served with sauer cabbage or home-made sausage.

Nettle spinach

Ingredients:

- 1 basket of young nettles
- 1 tbs oil
- 1 onion
- 3 cloves of garlic
- 3 tbs of flour
- ½ cup of milk

Wash the leaves of the fresh young nettles and pour small amount of hot water. Blend the leaves inside the water and use the mixture as spinach. Cut the onion in small pieces and fry on a pan. Add the flour and pour slowly the milk on it. In the end mix it with the nettles spinach and add the smashed garlic. Let it boil for about one minute and serve it.

This spinach taste perfect with pan-cake or even halušky. (Normally served with potatoes).





APPLE - FILLED SUPER- PANCAKES **(4 portions)**

The warm fresh SUPER- PANCAKE might be filled with typical German apples!

Ingredients:

- 1 tablespoon butter
- 2 apples, peeled, chopped
- 1/4 liter apple juice or cider
- 1 tablespoon lemon juice
- 2 tablespoons sugar
- 1 tablespoon cornstarch
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- a Pinch of salt

Directions:

1. Melt the butter in. Add apples, apple juice and lemon juice; cook for 3 minutes.
2. Stir the sugar, cornstarch, cinnamon, nutmeg and salt in a small bowl. Add this to the apple mixture and cook for 2 minutes or until the apples are softened, the sugar has melted and the sauce has thickened. Stir occasionally. Instead of sugar mashed banana can be used.
3. Put about 2 tablespoons of the warm apple mixture into center of each pancake; roll or fold in half.

Enjoy the SUPER- PANCAKE



VEGETABLES WALNUT FILLED SUPER PANCAKE **(4 portions)**

The warm fresh SUPER- PANCAKE might be filled with heartier walnut filling

Ingredients:

- 70g Walnuts
- 800 g soup- vegetables (for example: celeriac, carrots, leak, fresh leaves of parsley)
- 1 Tablespoon oil
- 125 ml vegetable stock
- 1 Tablespoon mild curry
- Salt and pepper

Directions:

1. Shred the walnuts in smaller pieces
2. Stir fry finely sliced celeriac and carrots and maybe the other vegetables for ca. 3 minutes in hot oil.
3. Deglaze with vegetables stock and add the leak and leaves of parsley and let all of it boil up briefly.
4. Season with curry, salt and pepper.
5. If necessary pour off the liquid.
6. Put about 2 tablespoons of the warm walnut- vegetable mixture into the center of each pancake; roll or fold in half.

Enjoy the SUPER- PANCAKE



MINCED BEEF FILLED SUPERPANCAKE **(4 portions)**

The warm fresh SUPER- PANCAKE might be filled with typical German minced beef!

Ingredients:

- 300g lean minced beef
- 1 large carrot, peeled and grated
- 1 celery stick, finely chopped
- 1 small onion, finely chopped
- 3 teaspoons tomato purée
- 2 tablespoons of oil
- Salt and pepper
- Sweet paprika powder
- 1 teaspoon chopped parsley.

Directions:

1. Fry the meat and vegetables: Heat a large, heavy-based pan with the oil until hot, then add the minced beef and vegetables, and fry all of it until lightly browned all over.
2. Meanwhile, stir the tomato purée, parsley and spices into the pan.
3. Put about 2 tablespoons of the warm mince mixture into centre of each pancake; roll or fold in half.

Enjoy the SUPER- PANCAKE



Recipe for Superpancake

For 6 persons

Idea: A big pancake with is drawn with the recipe inside.

Pancake dough:

- 3 eggs
- 3-4 dL milk
- 200 grams flour
- 1 tsp of salt
- Butter for frying
- The dough rests for 8-10 hours

Beetroot/apple

- 1 cup of grated beetroot
- 1 cup of grated apple
- 2 finely chopped cloves of garlic
- 3 tbsp. of crème fraiche
- Add a bit of lemon juice, honey, salt and pepper

Raw preserved cherry plums or other berries, fresh or frozen.

The cherry plums are halved and pitted. Then sprinkled with a fair amount of cane sugar. Must draw for at least 3 hours.

Garlic-herb crème

- 100 grams of skyr
- 6 tbsp. of cold pressed linseed oil
- 200 grams of skyr
- ½ tbsp. of lemon juice
- 2 cloves of finely chopped garlic
- 1 tsp. of freshly grated ginger
- Chopped parsley and chives or other herbs
- Herb salt

Skyr and oil are stirred together and mixed with the other ingredients. Then add herb salt to taste.

The combination of the good oil as well as the protein from the dairy products improves the digestion of both the oil and the protein, which is exactly what our cells need.

