



Benløse Fugle - Recipe

In our quest to add a bit of international colour to our recipes in the gray winter months, we've traveling to Denmark today. Why this recipe is named 'Legless Birds' when there isn't any bird meat in it is anyone's guess. However, whatever the name this is a very tasty traditional Danish veal dish.

Serves 4

Ingredients:-

1.5 pounds boneless lean veal

½ pound bacon

½ pound carrots

2 big sliced onions

1 bundle of parsley

Salt

Pepper

3 cloves of crushed garlic

Thyme dried

3 tablespoons concentrated tomato puree

25 ounces beef stock

8 ounces of cream

Method:-

Slice meat into thin steaks and flatten meat well.

Season meat with salt and pepper.

Cut bacon and carrots into long thin pieces, and place on top of meat with parsley mixed with garlic.

Roll meat into a long cigar shape with the carrot, bacon, parsley and garlic in the center, and tie with cooking string.

Roll meat rolls in flour and brown the meat and sliced onions on frying pan.

Add beef stock, tomato pure and thyme

Simmer covered for 1-1.5 hours or until meat is tender

Take meat out of pot and add cream to the stock for the gravy

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