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Recipes

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N°36



BEEF GOULASH WITH SPÄTZLE

CONTRIBUTOR | **KARIN KLAMMER**

INGREDIENTS

INGREDIENTS FOR THE GOULASH

750 g Beef (i.e. shoulder)

750 g Onions

3 tbsp. Oil (or grease)

1 tbsp. paprika

3 tbsp. tomato puree

2 garlic cloves

¼ tsp ground caraway and
marjoram

1tbsp. vinegar

PREPARATION

1. Chop the onions and lightly sauté them until golden.
2. Add crushed garlic, tomatoes, paprika, the other spices and stir.
3. Dice the beef and add as well, sauté well, add salt and a little bit of hot water, cover and let it simmer until soft. If necessary, add more water.
4. Lastly, add the vinegar and enough water to cover the beef and let it cook again. For even more sauce, cover the beef with one tbsp. of flour before adding the last round of liquid.
5. Let it simmer for 10-15 minutes.

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RECIPES**





RINDSGULASCH MIT SPÄTZLE

continuation

INGREDIENTS

INGREDIENTS FOR THE SPÄTZLE

250 g flour

2 eggs

3 tbsp. oil

1 tsp salt

¼ l milk

50 g butter

PREPARATION

1. Stir up the eggs and milk, add flour, oil and salt for a medium-thick dough consistency.
2. Press your dough through a wide sieve and let it drop into boiling water.
3. As soon as the spaetzle rise to the surface, take them out, hold under cold running water and serve with warmed butter.



SWEET DUMPLINGS WITH STRAWBERRY SAUCE

CONTRIBUTOR | MELINA KUTELAS

INGREDIENTS

INGREDIENTS FOR THE DUMPLINGS

2	eggs
250 g	quark or "topfen"
25 g	butter
1	bag of vanilla sugar
100 g	breadcrumbs

PREPARATION

1. Separate the eggs and beat the egg whites until firm. Whisk the quark, butter, vanilla and egg yolks until creamy. Add 80 g breadcrumbs, mix and finally add the egg whites.
2. Let it sit for 30 minutes.
3. Shape your dough into 5-6 little dumplings (they will rise when cooked) and cook them in boiling water for about 10 minutes.
4. Cover your dumplings in the remaining breadcrumbs and top off with some sugar.

MORE
RECIPES





SWEET DUMPLINGS WITH STRAWBERRY SAUCE

continuation

INGREDIENTS

FOR THE STRAWBERRY SAUCE

¼ l Water

1/8 l cranberry syrup

400 g strawberries

Sugar if needed

PREPARATION

1. Bring water and syrup to a boil. Cut the strawberries in half and add them to the boiling syrup for no longer than 1 minute.
2. Take off the heat and add sugar if needed.