



Capuns



Preparation

Stir flour, eggs, quark and water into a batter, and whisk until frothy. Finely dice Salsiz and Landjäger sausages and add to batter along with the herbs. Mix well and season with a little salt and pepper to taste. Flatten mangold-wurzel leaves. Place 1 teaspoon of batter on each leaf and roll tightly to form the Capuns. Sweat onions and pork and add bouillon. Place Capuns in a pan, cover with hot bouillon and simmer gently for about 10 minutes. Brown butter lightly in a pan. Sprinkle Capuns with mountain cheese and chives and drizzle with a little browned butter.

Rezept für 4

Ingredients

350g white flour
150ml water
100g low-fat quark
3 eggs
1 Salsiz sausage
1 Landjäger sausage
2 tablespoons parsley, chopped
2 tablespoons chives, finely chopped
2 tablespoons spearmint, finely chopped
Salt, pepper
40 mangold-wurzel leaves
500ml bouillon
1 onion, cut in fine strips
50g smoked pork belly, cut in strips
100g butter
chives, finely chopped, to garnish
mountain cheese, coarsely grated, to garnish