



Grandma's beef broth with Underberg

Ingredients

For 4 portions

- 600 g slice of beef bone
- 1 onion
- 1 bunch of soup greens
- 2 bay leaves
- 3 juniper berries
- 1 cloves
- 100 g frozen peas
- 2 cl Underberg
- 2 eggs
- 70 m milk

- 10 g parsley, chopped
- salt, pepper

Preparation

Preheat oven to 160 °C circulating air.

Rinse beef leg slices under running water. Place in a large pot and cover with cold water.

Cut half of the soup vegetables into rough pieces, cut the rest into very fine strips.

Add chopped soup greens, bay leaves, clove and juniper berries to leg slices and bring to the boil slowly over medium heat.

Repeatedly skim the rising egg white of the leg slices with a skimmer.

Halve the onion unpeeled and put it in a small pan without oil on the cut sides, roast strongly (black burn). Add onion and Underberg to the soup.

Let the soup simmer at medium heat for about 2 hours.

To make the egg mixture, mix milk and eggs and season with salt and pepper. Pour into a greased small casserole dish, cover with aluminium foil and place in a grease pan (deep baking tray). Fill the fat pan with hot water (no water should run in the baking dish). Let the egg mixture set in the hot oven for approx. 40 minutes, let it cool down.

Take out leg slices, loosen meat, cut into small pieces and put aside.

Put the soup through a sieve, about 1 liter of the broth in a pot together with beef, the vegetable strips and peas. Bring to the boil and simmer for 5 minutes.

Cut the eggs into small cubes and add them to the soup together with parsley. Season to taste with salt and pepper and serve hot.



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Preparation time: 140 minutes

Nutritional values per serving: 327.2 kcal/1375 kj

14,8 g carbohydrate

40,9 g protein

8,9 g fat