

A recipe from

DAD'S COOKBOOK



Rating:



Shepherd's Soup (Hirtensuppe)

Adapted from Mimi Sheraton, "The German Cookbook"

Most folks would think a shepherd's food would be rather rough and common. Well, this dish will change your mind! May even make you consider a career change...

*2 Tbsp lard or bacon drippings
1 lb lean stew beef, in ½-inch cubes
1 yellow onion, diced
1 tsp salt
dash paprika
1 tsp caraway seeds
1 tsp minced garlic*

*3 Tbsp flour
2 Tbsp vinegar
2 qt hot beef broth or stock
3 medium potatoes, peeled and cubed
fresh croutons
1 Tbsp fresh dill, minced
grated cheese*

Heat fat in a large saucepan over medium-high heat. Sauté beef and onion until golden brown. Turn heat down to low and add seasonings and garlic, then sprinkle with flour. Stir and cook over low heat until flour is browned and absorbed. Sprinkle in vinegar and stir to incorporate, still over low heat. Add hot broth, bring to a boil, and then simmer, covered, over low or very low heat for 45 minutes. Add potatoes and cook very slowly for about 20 minutes, or until potatoes are tender. Serve topped with croutons, a sprinkling of dill, and cheese if you like.

Yield: About six to eight servings

Preparation time: 20 minutes

Cooking time: 1 hour 20 minutes

