

SZABLOK (BEANS) WITH SAUERKRAUT AND KONIGSBERG MEATBALLS

Ingredients:

500 g beans
0.5 kg sauerkraut
1 whole chicken
500 g beef flat rib
1 goose or turkey neck
250 g pork chap
250 g pork neck
250 g beef thick skirt
25 g capers
1/2 jar anchovies
300 g sour cream
3 eggs
125 g beef or goose lard
200 ml still mineral water
tarragon
salt, pepper

Preparation:

1. Fill pot with 3 litres of water, put chicken and flat rib, season with salt and pepper, and boil until meat is soft. Finely mince the chap, neck and skirt. Put into a large bowl, add capers, chopped anchovies, eggs, and water, then knead for at least 10 minutes. Form small meatballs and put them in the fridge for 15 minutes.
2. When the boiling meat is soft, remove it from the pot, add soaked beans and boil for another 30 minutes. After this time, add chopped cabbage and cook until tender. Fry meatballs in a pan. Serve soup with meatballs and a bit of sour cream.



PREPARATION TIME

120 minutes



DIFFICULTY

easy



SERVES

4

