



Mehlsuppe and Butterosti

READY IN



190 min.

SERVINGS



8

CALORIES



406 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 ounces carrots diced finely
- ☐ 2 ounces celery diced finely
- ☐ 7.5 cups chicken stock see
- ☐ 3 ounces ghee hot
- ☐ 0.5 cup cooking wine dry red
- ☐ 1 cup flour sifted
- ☐ 2 ounces leek diced finely
- ☐ 0.3 teaspoon nutmeg freshly grated

- ☐ 8 servings pepper freshly ground
- ☐ 1 pound potatoes peeled
- ☐ 8 servings salt freshly ground
- ☐ 0.3 pound bacon rind cut

Equipment

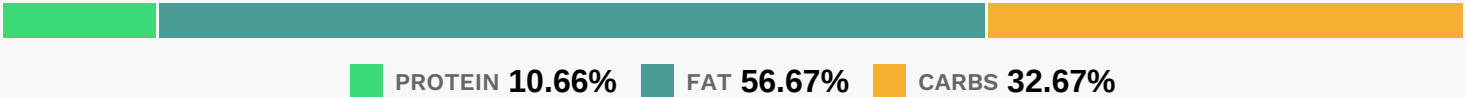
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ "THE MEHLSUPPE" Into a saucepan, pour the hot clarified butter and add the flour. Beat the two together with a wooden spoon (or spurtle) and return the pan to high heat to cook the flour. Continue to stir and the mixture will gradually deepen in color without actually burning the flour.
- ☐ In another pan fry the bacon rind on high heat until the fat oozes out.
- ☐ Add the mirepoix (finely chopped vegetables) and cook for 3 minutes.
- ☐ Add this to the flour mixture and saute them all together.
- ☐ Pour in 2 cups of chicken stock and whisk together briskly.
- ☐ Add red wine to deepen the color and the flavor of the soup. Bring it to a boil and add another 2 cups of chicken stock. Boil and continue to add the stock as it thickens. Reduce heat and simmer for 1 1/2 hours stirring often.
- ☐ Add salt and pepper to taste. A grating of nutmeg also improves the flavor.
- ☐ "THE BUTTEROSTI" Parboil the potatoes in salted water for 5 minutes.
- ☐ Drain thoroughly and cool. Grate them lengthwise onto a plate making the "strands" as long as possible. Melt the butter in an omelet pan over high heat.
- ☐ Add the potatoes and season generously with salt and pepper. With a spoon, disturb the potatoes by chopping them so that they get evenly cooked. When the underside is cooked, flip over like an omelet and keep tossing (the more the better!) Constantly add more butter to prevent the potatoes from drying out. This should now look like a beautifully browned omelet

pancake. Carefully slide it from the pan to a serving platter and serve at once.

Nutrition Facts



Properties

Glycemic Index:52.7, Glycemic Load:16.44, Inflammation Score:-8, Nutrition Score:11.847826004028%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 405.88kcal (20.29%), Fat: 24.94g (38.36%), Saturated Fat: 12.9g (80.61%), Carbohydrates: 32.34g (10.78%), Net Carbohydrates: 30.19g (10.98%), Sugar: 4.77g (5.3%), Cholesterol: 58.57mg (19.52%), Sodium: 670.92mg (29.17%), Alcohol: 1.58g (100%), Alcohol %: 0.55% (100%), Protein: 10.55g (21.11%), Vitamin A: 1525IU (30.5%), Vitamin B3: 5.77mg (28.85%), Vitamin B1: 0.3mg (19.8%), Selenium: 13.45µg (19.21%), Vitamin B6: 0.38mg (19.06%), Vitamin B2: 0.31mg (18.29%), Potassium: 576.89mg (16.48%), Vitamin C: 13.11mg (15.89%), Folate: 57.63µg (14.41%), Phosphorus: 139.01mg (13.9%), Manganese: 0.26mg (13.07%), Copper: 0.23mg (11.37%), Iron: 1.9mg (10.54%), Fiber: 2.15g (8.59%), Vitamin K: 8.58µg (8.17%), Magnesium: 31.23mg (7.81%), Zinc: 0.8mg (5.33%), Vitamin B5: 0.37mg (3.71%), Vitamin E: 0.44mg (2.93%), Calcium: 28.34mg (2.83%), Vitamin B12: 0.08µg (1.38%)