



FLEISHVOGEL (Beef Birds)  
(for one person)

1 thin piece of calf or beef	
1 onion fine fried )	
piece of bacon )	— put on piece of meat and roll and bind it.
strip of dark bread )	
salt piece of carrot )	

Coat with flour, fry lightly, add a little hot water and cook about 30 minutes. Add some cream and vinegar to sauce.