

# Fleischvögel (beef birds)

## Ingredients

- 1 thin piece calf or beef
- 1 onion fried
- 1 piece bacon
- 1 strip dark bread
- salt piece of carrot
- cream
- vinegar

## Instructions

Place onion, bacon, bread, and carrot on the piece of meat and roll and bind it. Coat with flour. Fry lightly. Add hot water and cook about 30 minutes. Add some cream and vinegar to make a sauce