

Španělské ptáčky - Spanish birds recipe

makes generous 4 servings

1 lb beef ball (or pork loin - it cooks quicker) cut into 4 slices
4 tsp mustard
salt and pepper to taste
2 slices of uncooked bacon cut in half for the birds
3 inch piece of polish/or other smoked sausage cut lengthwise into quarters
1 hard boiled egg cut lengthwise into quarters
2 pickles cut lengthwise into halves (or 1/4 if the pickle is large)
1 medium onion (3 inch diameter) - cut into quarters - 1 quarter cut into 4 pieces lengthwise and the rest finely dice
2 slices of bacon cut finely
1 tablespoon oil
all purpose flour
water

Use a meat tenderizing mallet and beat each slice of meat until soft and much bigger. Salt and pepper and spread a teaspoon of mustard on each slice of prepared meat. Place 1/2 a slice of bacon, 1/4 of the sausage, 1/4 of the egg, half pickle and piece of onion on each piece. Roll into a "bird" shape and secure with a string or a meat needle.

Heat oil and the cut up bacon in a pot a brown each bird on all sides. Place "birds" on a plate and fry onions until golden. Return the "birds" back to the pot with all the juice they released. Add about a cup of water. Bring to boil and cover pot with a lid. Turn the birds a few times during the 45 minutes (or longer until it is tender) or so of braising. Add water if the water evaporates.

Take the "birds" out on a plate again, mix the flour with some cold water until smooth and pour into the pot. Use a whisk to make a smooth sauce and cook on low until there is no taste of flour and you have a smooth gravy. Salt and pepper to taste and return the "birds" in the sauce to heat up.

Serve with knedliky/dumplings or with rice.

If you do not have the patience to roll the "birds" you can also make "rozletane ptacky" AKA flying birds :-)

After tenderizing slices of meat with the mallet, sprinkle them with salt and pepper to taste. Heat the oil and chopped up bacon and brown the meat slices. Take the meat out of the pot on a plate, fry the onions until golden and return the meat to the pot along with finely chopped up sausage and pickles and the mustard. Stir well and pour some water over and braise until tender, about 45 minutes. Make the gravy as above and grate the hard boiled egg over the dish when serving.

Enjoy!