



Bulgarian Veal Wine Kebbap

NIBBLEDISH CONTRIBUTOR

Ingredients

For two servings:

200gr. veal meat, chopped into big pieces
1 large or 2 medium potatoes, peeled and chopped
1 large red onion, sliced into not very thin slices
2 bay leafs
1 tbsp flour
1tsp ground red paprika
1/4 tsp ground nutmeg
1/2 tsp ground black paper
1 tsp salt
olive oil
fresh parsley
1 cup white wine
3 cups water

Instructions

This is a traditional dish in particular from my city called Rousse, in north Bulgaria.

Fill the bottom of a deep heavy saucepan with olive oil, add the flour and whisk to reduce it into white sauce. Pour over medium low heat until bubbles start to form. Add the red paprika and whisk to dissolve it.

At this point add the meat, the onion, the potatoes, the bay leafs, the nutmeg, the black paper and the salt. Stir well.

Add the wine and the water. Stir. Reduce the heat at low, cover and cook about 35 minutes, stirring occasionally until the potatoes are soft.

Add the parsley, stir and cook 3 more minutes.

Remove from the heat, pour into a serving dishes, sprinkle with some extra ground black paper if you like and serve.