



# CREW

Desired Recipes

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Confidence - Courage - Creativity

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## Crew wishes

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# Crew wishes

# - CRAFTSMANSHIP - Beef Rouladen ✓

**Courses:** Crew wishes

**Collections:** German recipes

**Source:** OCTOPUS OCEAN - Germany



## Ingredients

### Serving 8

- 8 (170 gr each) (0,7 cm thick) slices of Beef round  
If necessary, flatten the portioned meat to obtain thin slices of 0.7 cm thickness  
Rump, Chuck, Flap meat, or other similar cuts will work
- 8 tsp Salt
- 4 tsp Pepper black, ground
- 8 tbsp Mustard
- 16 Bacon strips
- Paprika powder, or to taste
- 2 Onions, sliced into half-rings
- 24 Dill pickle spears
- 4 tbsp Vegetable oil

### For the gravy:

- 8 tbsp Butter
- 130 gr Flour all-purpose Flour
- 3 liter Beef broth
- Salt to taste

## ASSESEMENT

PROCESS good / fair / bad

TASTE good / fair / bad

## CREW OPINION

very happy / happy / unhappy

## Directions

1. Place slices of beef on a work surface, Season both sides with salt & pepper. Spread one side with mustard. Place bacon strips on the mustard and sprinkle with paprika powder. Arrange onion slices cross-wise on the beef. Then evenly space 3 pickle slices across each slice of beef. Keep about 2,5 cm of the narrowest end of the beef slice free of toppings to facilitate rolling it up.
2. Roll each slice of meat, from the wider of the two short ends, working to keep all ingredients inside the roll. Rolls should be nice + tight. Secure the rolls (seam side down) with 3 loops of butcher's twine, one in the middle + one at each end. Trim excess string.
3. Heat vegetable oil over medium-high heat in a large saucepan. Cook beef, turning and browning well on all sides, about 8 min. Remove meat from pan. Reduce heat to medium-low. Melt butter in the pan; whisk in the flour, cooking for about 1 min. Pour in cold beef broth and whisk vigorously to combine. Raise heat to medium-high and simmer until sauce begins to thicken, about 1 min.
4. Transfer beef rolls to pan along with accumulated juices. Reduce heat to very low. Simmer gently, covered, turning rolls every 20 min or so, until beef is tender, about 1 1/2 hours. When the tip of a sharp knife can easily be inserted into the beef roll, the meat is done.
5. Transfer meat to dish to allow it to rest. Raise heat to high. Bring sauce to a simmer for 2 min to thicken slightly to make a gravy.  
Serve Rouladen with gravy.

### Recommended side dishes are:

Mashed potatoes / rosemary potatoes / oven-baked potatoes  
Red cabbage / green beans / braised cabbage

### MOVIE copy & paste

<https://www.allrecipes.com/recipe/244200/chef-johns-beef-rouladen/>

# - CRAFTSMANSHIP - Cabbage Rolls ✓

**Courses:** Crew wishes

**Collections:** German recipes

**Source:** OCTOPUS OCEAN - Germany



## Ingredients

### 8 SERVINGS

- 1 large Pot with lid
- 16 Toothpicks or small skewers
- Kitchen tongues or two forks

### Shell

- ½ large head of White Cabbage
- ½ tbsp Salt

### Filling

- 450 gr Beef ground
- ½ Onion
- 60 gr Bacon
- 2 slices Toast bread
- 60 ml Milk warm
- 1 Egg
- ½ tbsp. Salt + Pepper
- 1 tbsp. Mustard
- ½ tsp. Paprika powder
- ½ tsp. Marjoram
- 35 gr Bread crumbs

### Sauce

- 1 tbsp butter + veg. oil
- 250 ml Beef broth
- ½ tsp. Caraway seeds
- 1 tbsp. Corn starch
- 2 tbsp. Water
- 125 ml Whipping Cream
- Salt & Pepper to taste

## Directions

1. Fill a large pot with water, add 1 tsp of salt, and bring to a simmer. Cut the core out of the cabbage, pull off any wilted leaves, put the cabbage head into the simmering water. Cook for 2-5 min. Remove the cabbage head carefully from the hot water and pull the desired amount of leaves off. Repeat if the leaves get too difficult to remove in one piece. Spread the leaves on a towel to cool.
2. Break the bread slices into a small bowl and cover them with warm milk. Then peel and cube the onion, and slice the bacon finely. Set both aside.
3. Add the ground meat to a large bowl, and then add the eggs, pepper, salt, ground marjoram, paprika powder, mustard, and the onion cubes.
4. Squeeze the excess milk from the bread and add the bread to other ingredients. Discard the milk.
5. Mix everything briefly, then add the bread crumbs and knead with your hands until everything is well combined. Then shape small oblong patties.
6. Wrap each meat patty into a soft cabbage leaf and secure the ends with a toothpick.
7. Heat butter plus oil on medium-high heat. Add the bacon & brown for a couple of minutes.
8. Add the cabbage rolls & brown on all sides.
9. Add broth + caraway, simmer covered for about 10-20 min. Remove the cabbage rolls from the pot.
10. Mix cold water with corn starch and add it to the pot along with the heavy cream. Bring to a light simmer, and season with salt & pepper to taste.
11. Return cabbage rolls to the sauce and simmer in for add. 10 min.

### Recommended side dish:

Mashed potatoes or oven-baked potatoes

# - CRAFTSMANSHIP -

## Beef Goulash with caraway ✓

**Courses:** Crew wishes

**Collections:** Hungarian recipes

**Source:** OCTOPUS OCEAN - Germany



### Ingredients

#### 8 SERVINGS

- 2,5 kg boneless Beef Chuck,  
**cut into 4,5 cm cubes**
- 8 tbsp Vegetable Oil
- 4 Onions, **chopped**
- 2 tsp Salt, or to taste
- 4 tbsp Paprika hot noble sweet
- 4 tsp Caraway seeds, crushed\*
- 2 tsp Pepper black, ground
- 2 tsp Marjoram, dried
- 1 tsp Thyme, ground
- 1 tsp Cayenne pepper
- 2 liter Chicken broth, divided
- 125 gr Tomato paste
- 6 Garlic cloves, **crushed**
- 4 tbsp Vinegar, white
- 2 tsp Sugar white
- 2 Bay leaves
- Sour cream, for garnishing

#### ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

#### CREW OPINION

very happy / happy / unhappy

### Directions

1. "MISE EN PLACE" - gather all ingredients.
2. Season the evenly cut beef cubes with salt & black pepper.
3. Heat vegetable oil in a large skillet over high heat. Fry & stir the beef cubes in hot oil in batches until browned on all sides, about 5 min per batch.
4. Transfer to a large stockpot and reserve drippings in the skillet.
5. Return skillet to medium heat, stir onions into the reserved drippings, drizzle oil over onions, season with 1 tsp salt, cook until onion has softened for 5 min. Transfer to the stockpot with beef.
6. Combine paprika powder, caraway seeds, black pepper, marjoram, thyme, and cayenne pepper in the skillet and **toast** over medium heat until fragrant, about 3 min.
7. Add 500 ml chicken broth; stir; transfer to the beef and onion mixture.
8. Stir 1500 ml chicken broth into beef mixture. Add tomato paste, garlic, vinegar, sugar, 1 tsp salt, and bay leaf; place stockpot over high heat and bring to a boil.
9. Reduce heat to low & simmer until **a fork inserts easily into the meat**, 1,5 to 2 hours.
10. Remove the bay leaves.
11. Finally, garnish each portion of Goulash with a spoonful of sour cream & sprinkle with marjoram to taste.

Potato products are the popular accompaniments to Goulash! Because potatoes and other root vegetables absorb the goulash sauce wonderfully.

**MOVIE** copy & paste

<https://www.youtube.com/watch?v=nJzDfR1b9T0>