



# COOKBOOK

## FOR





# WELCOME TO REPLAY 2025

*Food is a big part of a camp. Just like the rest of the camp, the food at this camp will be a replay and then with food from previous camps. Or recipes to be exact, you can cook the food with fresh ingredients. Maybe you recognize the recipe from the cookbook at Natura or do you need a fluid replacement from Legend?! You might even find a new favorite dish among the recipes. In this "cookbook" you will get suggestions on what you can cook with your scouts during the week, because cooking with your friends is an important part of the camp experience. So have the scouts with you in the cooking, even if it sometimes goes faster with just adults.*

*During the camp, you will cook breakfast, lunch and dinner in your kitchens. There will also be the opportunity to make an evening sandwich and chocolate before going to bed. In addition, fruit is served in the morning and smooth bun in the afternoon. As a meal drink there is water and juice, but remember to remove the juice and wipe the surface where you have served the juice so as not to attract wasps.*

*The food will be distributed by village before each meal. If you are several corps in a village, you have to divide the food yourself, unless you cook the food together in the village. You pick up lunch ingredients before lunch and dinner ingredients before dinner, etc. The food will be divided into cages for each village. Some goods such as fruit, vegetables and bread will be available in a "self-pick" where you take as much as you need. There will also be eggs. We have counted on about 2 eggs / person during the camp week. So think about when and how you want to serve eggs and then order these on your list at the campus management.*

*We will not provide any single-use packaging. So bring a bucket / tray or similar to carry fruit and vegetables in. The Campus Management is open before each meal, so do not pick up more goods than are needed. We receive deliveries every day!*

*At each village there must be one or two food managers who also need to keep track of the special diet at the village. It is good if one of these people is with you when you pick up your food. Scouts are not allowed to pick up food themselves. For lunch and dinner, we hand out basic goods. In this "cookbook" there are suggestions on what you can cook from these basic products. But of*





*course you can cook exactly what you want, so read through the recipes and think about what exactly you want to cook.*

*We have tried to adapt the menu so that as many people as possible can eat the food. However, at some meals you will need to prepare special diets. Also keep in mind that sometimes you have to put away some food before stirring all the ingredients together because someone has a special diet.*

*At the Campus Management there is a tent with special diets. Here it is self-service, but we are always on site so you can ask for advice and tips. NOTE. Only leaders are allowed to enter from the special food tent. The tent has a refrigerator and freezers with goods in it. Some goods may not need a whole package of. For example, if you have someone who eats lactose-free butter, it is better to take some butter in a small jar instead of picking up a whole package. We are not allowed to take back opened parcels that have been out in the villages. Don't forget to pack some small jars in your packing.*

*In the freezer there is gluten-free bread and smooth buns. This is picked as much as is needed and thawed yourself in the village. Everyone eats differently, so it's better to take a little at a time because gluten-free bread doesn't last that long. Smooth bun is counted one per day!*

*Storing food in the village is not always easy. The Campus Management has calculated all meals so that hopefully there will be no food left over. Should it still be so, check with your neighbors if they might want more.*

*The campus management does not have the opportunity to store any refrigerated goods for you, so you need a cooler box.*

*The camp has ice packs that you can borrow. You will be allowed to borrow 10 cleats at a time. When you pick up food, you can also exchange your borrowed cleats for new frozen cleats. It is not allowed to freeze your own cleats, we will only freeze "our" cleats. You must return these cleats in the morning for the call-out.*

*On Friday, we open up a freezer so that you can freeze your own cleats that you can use on the return journey.*

*We at the Campus Management are always on hand and are happy to answer your questions. If there is something that you are wondering about or maybe something that seems crazy, talk to us and we will try to solve it together.*





/Campus Management

Replay 2025

# MENU RERUN 2025

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## **SATURDAY 26/7**

Lunch Festival burger with bread (must be pre-ordered)  
Dinner "Recodeable" Pasta with turkey gravy

## **SUNDAY 27/7**

Lunch Helge Con Carne  
Dinner Crazy Chicken Stew / Chicken Wook Noodles

## **MONDAY 28/7**

Lunch Jamboree-Falafel / Meatballs Tortilla Vegetables  
Dinner "Gullmarnsfisk" Potato Filsås

## **TUESDAY 29/7**

Lunch Potatoes, onion dip, bacon, alt. Kolbulle or Rårakor  
Dinner Pork loin in sweet and sour sauce, rice, pineapple

## **WEDNESDAY 30/7**

Lunch Ölandia's Scoutwrap (grilled sausage in tortillas, with mash/potatoes and accessories)  
Dinner Typical minced meat sauce, pasta

## **THURSDAY 31/7**

Lunch Legendary Cream or Potato and Leek Soup, Sandwich  
Dinner "Natural" Falukorv (stroganoff) rice, all risotto a la Natura

## **FRIDAY 1/8**

Lunch Poultry from the bell rebellion with Columbus Pasta  
Dinner Taco buffet from Sagoluffen

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## SATURDAY 26/7 LUNCH

*In 2016, Hulstfred's Scout Festival was arranged. A camp that made the "old" Hulstfred festival fade. The camp ended with the concerts' concerts. Panethos that woke up the whole of northern Småland.*

*At the festival burgers were of course served, so for lunch today there will be festival burgers with accessories.*



### FESTIVAL BURGER WITH BREAD

Burgers (Ground beef)  
Hamburger bread  
Tomato, cucumber, lettuce  
Dressing  
Cheese  
Sliced red onion

Wash your hands!  
Fry the burgers  
Rinse the vegetables and slice them



*Delivering the  
bread to Repris*





## SATURDAY 26/7 DINNER

*Reko-92 was a camp in Torhamn where some people were allowed to go on a hike with a combat boat. Those who remained at the camp had the honor of using the famous "flumeride". On the last day, the sun was shining from a clear sky and some scouts were then given the task of grilling lamb for their village. Unfortunately, we didn't get hold of whole lambs for this camp so that's why pasta with turkey sauce is served instead.*



### "RECODEABLE" PASTA WITH TURKEY GRAVY

1000 g pasta gnocci  
2 cloves of garlic  
1200 g smoked turkey  
500 g green peas  
2.5 dl cooking cream  
5 dl water  
Oil to fry in  
Salt and pepper  
possibly Maizena to sort out

Wash your hands!  
Peel and chop the garlic.  
Sauté the turkey and garlic in a little oil.  
Mix in peas, cream and milk.  
Rode off with some cornstarch and water.  
Let boil for a couple of minutes.  
Cook the pasta according to the instructions on the packages.  
Serve with freshly cooked pasta, lettuce, cucumber and tomato.

*One of our  
suppliers*





## SUNDAY 27/7 LUNCH

*Valentine's Day, Midsummer and Christmas in one o the same week. Yep, they managed to get that into **Helge 2016**. The idea was that one day we would have chili con carne but someone didn't like beans, so it was exchanged for corn and voila, we had created Helge Con Carne which has now become a classic with many unions.*



### HELGE CON CARNE

about 1200 g minced meat  
2 yellow onions  
2 cloves of garlic  
about 500 g of crushed tomatoes  
3 meat bouillon cubes  
1 dl Chili sauce  
Paprika powder  
500 g corn  
1 bell pepper finely chopped  
Rice

#### Cooking rice

Here's a little tip when cooking rice for many. Bring water and salt to a boil. Add the rice. Bring to a boil. Remove the rice from the heat and wrap the entire pot in a campfire blanket or similar. After about 20 minutes, the rice is ready. If there is water left, you can pour it off

Wash your hands!

Peel and finely chop the onion and garlic.

Fry the minced meat in oil, pour in the onion, paprika powder and chili sauce.

Pour in the crushed tomatoes, corn and peppers. Let boil 5 minutes.

Season with salt, pepper and maybe a little more chili sauce. Dilute with a little water if you think it gets too thick (preferably by rinsing out the tomato jars)

Served with rice and vegetables.





## SUNDAY 27/7 DINNER

*This year's camp is called **Repris**. Maybe it's because we've done a replay of parts of old camps?! Today's dish with chicken and noodles can perhaps be a repeat of the upcoming camp. But it clearly depends on whether our mad scientist makes sure that we get back to the present at the end of the week.*

### CRAZY CHICKEN CASSEROLE

about 1500 g chicken  
2 yellow onions  
2 cloves of garlic  
2 tsp curry  
3 dl water  
4 dl coconut milk  
400 g wok vegetables  
Maizena to sort out  
Oil to fry in

Wash your hands!

Peel and finely chop the onion and garlic.

Fry the onion in a little oil. Add the wok vegetables (check for allergies before adding the vegetable mixture) and sprinkle with curry powder. Let it sizzle for a minute or so. Add coconut milk, water and chicken.

Bring to a boil and reduce with a little cornstarch. Season with salt.

Serve with noodles cooked according to the instructions on the package.

#### Chicken wok with noodles

about 1500 g chicken  
2 yellow onions  
2 cloves of garlic  
400 g wok vegetables  
5 carrots  
2 liters of shredded white cabbage  
1-2 dl sweet chili sauce  
Oil to fry in

Wash your hands!

Peel and finely chop the onion and garlic.

Shred white cabbage and carrots.

Fry the onion in a little oil.

Add the wok vegetables, carrot and cabbage let it fry a few minutes. Add chicken and sweet chili (think about any allergies)

Serve with noodles cooked according to the instructions on the package. The noodles can either be flipped into the wok or served next to it

*En av våra  
leverantörer*

# GuldFågeln

*Matglädje är Guld värt!*





## MONDAY 28/7 LUNCH

*After the pandemic, over 11,000 Scouts went to the fields in Kristianstad for **Jamboree 2022**.*

*The theme of the camp was "The dream of a sustainable world" and some probably remember one or another falafel. We thought about croissants as well but unfortunately they ran out after the last jamboree.*

*Here we have also picked up some extra meatballs for those who like it too. (The idea is that you should eat both meatballs and falafel)*



### JAMBOREEFALAFEL / MEATBALLS TORTILLA VEGETABLES

Fry meatballs and falafel in oil. Serve in tortillas with vegetables and sauce.

#### SAUCE FOR JAMBOREE FALCONRY

8 dl Yogurt

1 clove of garlic (finely grated)

1/2 cup yellow juice (undiluted)

3 tbsp chili sauce

Salt and pepper

Wash your hands!

Mix all the ingredients together into a sauce.





## MONDAY 28/7 DINNER

*North of Gothenburg is a campsite called Lysestrand. Every year, camps of various kinds are organized in this wonderful place. At the Gullmarn camp **in 1991**, a yummy fish with potatoes and filet sauce was served.*



*It is unclear if today's breaded fish is caught in Gullmarnsfjorden, but you will be able to prepare the same yummy sauce for today's fried fish.*

### "GULLMARNSFISK" POTATOES, FILET SAUCE

Fry the fish (about 1.5 fish/person) in oil and boil the potatoes. Stir together the sauce and serve with grated carrots.

### YUMMY FILET SAUCE

5 dl sour cream  
5 dl sour milk  
1 dl mayonnaise  
1 dl bostong cucumber  
about 1/2 dl dill  
about 1 tbsp squeezed lemon  
1 pinch of sugar  
Salt and pepper

Wash your hands!

Mix all the ingredients and season with salt and pepper.





## TUESDAY 29/7 LUNCH

*In 1995, Nils Dacke himself invited to a scout camp in Målilla. At that time there were several scout associations and of course everyone was invited to **Dacke-95**. A camp where messengers were sent, but one had to beware of the king's knights. In the middle of the week onion dip and bacon were served so it will have to be this camp as well. If you want to cook coal bun or raw shrimp instead, that is of course also fine.*

### **POTATOES, ONION DIP, BACON**, alt. Kolbulle or raw shrimp

But what exactly is onion dip? Well, it's a classic onion sauce.

- Approx. 2 kg potatoes
- about 1500 g bacon
- 3 yellow onions
- 2 tsp sugar
- 5 dl milk
- 2 1/2 cups of cooking cream
- 1 cube of meat broth
- Maizena
- Salt and pepper

Wash your hands!

Wash and boil the potatoes in salted water.

Peel and shred the onion. Fry the onion in oil and sprinkle with a little sugar that fries at the last minute. Pour the onion into a saucepan. Add milk, cream and bouillon cube. Bring to a boil and fry off with a little cornstarch stirred in water.

Season with salt and pepper.

Let simmer while you fry the bacon.

Serve with lingonberry jam and vegetable

#### **Raw shrimp with fried bacon**

- 2.5 kg of potatoes
- Salt
- Pepper
- Oil
- About 1 kg bacon
- Lingonberry jam

Wash your hands!

Wash and grate the potatoes coarsely. Mix with salt and pepper. Heat a frying pan with oil, click out the potatoes and press with a spatula or the bottom of a pot so they become really thin. Fry them crispy on both sides.

Fry bacon.

Serve with carrots and lingonberry jam.

#### **Kolbulle**

- 1 l wheat flour
- 15 dl water
- about 1 kg bacon
- Lingonberry jam

Wash your hands!

Whisk the flour into the water until smooth. Let the batter swell for at least 15 minutes while the meat is being prepared. Shred bacon.

Fry bacon in a frying pan rimmed over medium heat so that it browns. You usually don't need more fat to fry in than you get from the bacon.

Add batter to skillet. It will be like a thicker pancake.

Fry until the charcoal ball can be turned. Fry for a while on the other side as well.

Serve the freshly baked kolbullen with lingonberry





## TUESDAY 29/7 DINNER

*Sometimes we try to combine the meals at camp with the theme of the program. It is not always easy when you have to travel too far back in time. But before Repris, we came to the conclusion that we should be able to include the 70s as a dish. Oh what did you eat in the 70s. Well, of course, pineapple. But today's camp is not from the 70s because it had to be ↻*

*In the summer of 2023, a total of 2074 people traveled with the Swedish contingent to **the World Scout Jamboree in South Korea**. The camp didn't turn out quite as everyone imagined due to weather and wind so some food was served in the dining room. It has been a bit difficult to find the recipes from Korea (maybe they have blown away) but here is a variant of Asian stew.*



### **PORK LOIN IN SWEET AND SOUR SAUCE, RICE, PINEAPPLE**

Approx. 1500 g pork  
1 yellow onion  
5 carrots  
2 cloves of garlic  
about 5 cm ginger  
500 g pineapple  
1 liter of water  
1 dl sugar  
1/2 dl vinegar  
1 dl ketchup  
Maizena

Wash your hands!

Cut the meat into strips. Peel and shred carrots and onions.

Fry the meat, onion and garlic in a little oil.

Mix water, sugar, vinegar, ketchup and grated ginger in a saucepan. Bring to a boil. Add the meat or pour the hot sauce over the meat (depending on whether you fry on a muurrika that can be made the stew in).

Let boil for about 10 minutes. Add the carrots and pineapple, fry with cornstarch and bring to a boil so the carrots become a little soft.

Serve with rice and shredded cabbage or lettuce.





## WEDNESDAY 30/7 LUNCH

*In 2019, a group of scouts took over Mörbylånga scout farm for a slightly smaller camp, **Ölandia**. One day it was off to southern Öland and Ottenby. There was a guided tour of the Osprey and a visit up in Långe Jan of course. The sun and the island of the winds is called Öland. O island of winds the scouts definitely got to experience. But behind a stone wall, scout wrap was served. A yummy lunch that also generates minimal dishes.*



*under cover*

### ÖLANDIA'S SCOUTWRAP, PICKLED RED ONION

So what is a scout wrap? Yes.

A grilled sausage with boiled potatoes or mash that you wrap in a tortilla together with vegetables. If you want to add some luxury to it, you also add some pickled onions, roasted onions and maybe some sauce. Plenty and also minimal dishes.

10 sausages  
20 tortillas  
about 20 potatoes  
Dressing  
Tomato  
Cucumber  
Salad

Wash your hands!  
Make the pickled red onion.  
Scrub and boil the potatoes.  
Cut the sausage lengthwise and fry or grill it.  
Slice the potatoes.  
Wash and chop vegetables.  
Serve with tortillas.

#### Pickled red onion

3 red onions  
1 1/2 dl sugar  
3/4 dl vinegar (12%)  
1 1/2 dl water

Wash your hands!  
Peel, divide and slice the onions.  
Bring sugar, vinegar and water to a boil in a saucepan. Remove from heat and lay down onion. Let cool.



*One of our suppliers*





## WEDNESDAY 30/7 DINNER

*When we are to remember old camps, it was a matter of course to include Time 2000. Why, yes you have to figure that out a bit ☺*

*In 2000, all the scout associations gathered for a joint camp here at Ljungnäs. A new century, a new millennium. Then it was appropriate to call the camp **TID**. Among other things, there were stories about the ship Charlotta, which was launched at the bathing area and sailed to America. Just like at many other camps, the classic minced meat sauce was served for dinner one evening.*



### MINCED MEAT SAUCE, PASTA

1200 g minced meat  
3 yellow onions  
4 cloves of garlic  
1000 g crushed tomatoes  
1 dl tomato paste  
3 dl water  
Oil to fry in  
Paprika powder, salt, pepper  
possibly. Maizena to sort out

Wash your hands!

Peel and chop the onion and garlic

Brown the onion in a little oil, add to the minced meat and brown it.

Pour in tomato paste and crushed tomatoes.

Let simmer over low heat for about 15 minutes.

Season with spices and possibly red with a little cornstarch mixed in water.

Serve with cooked pasta and shredded cabbage.





## THURSDAY 31/7 LUNCH



Many people remember the hot summer of 2018. Should we be allowed to have a scout camp or not? Yes, the legendary scout camp **Legend** took place. With some restrictions when it came to cooking, so no hot food during the day. Oh what was it then, well Creme (at least a few lunches).

If you think cream is a little thin for lunch, there is also the opportunity to cook a potato and leek soup, since at this camp we get to cook in the middle of the day.

### LEGENDARY CREAM WITH SANDWICH ALT. LEEK SOUP, SANDWICH

Mix the cream according to the instructions on the package, serve with sandwich and milk

#### Potato and Leek soup

about 20 potatoes  
1 large leek  
4 cloves of garlic  
1 liter Water  
1 liter of milk  
4 bouillon cubes  
Salt and pepper  
Oil to fry in

Wash your hands!  
Wash the potatoes and cut them into small pieces. Cut the leek lengthwise and rinse it thoroughly. Finely shred the whole leek. Fry onions and potatoes in a little oil. Grate the garlic cloves. Turn on water and milk. Let simmer for about 20 minutes. Whisk in the soup from time to time so that the potatoes and onions mash. Season with salt and pepper.

#### Fluid replacement

It can get very hot and many people forget to drink when they are at camp. Then it can be a good idea to mix some fluid replacement for large and small scouts.

1 liter of water  
6 tsp granulated sugar  
1/2 tsp salt

Wash your hands!  
Mix the ingredients and let stand for a while so that the sugar dissolves. If you want it to dissolve faster, you can give the mixture a quick boil. The drink can be flavored with concentrated juice.





## THURSDAY 31/7 DINNER

*In 1993, over 15000 scouts gathered in a meadow in Karlsborg. A camp where we learned a little extra about waste sorting and protecting nature. In addition, someone came up with the idea that a drop of water makes a nice camp mark. Hopefully no one will come up with that idea again since it rained 9 out of 10 days on **Natura 93**. But on Thursday a warming sausage stroganof was cooked on the "natura stoves". There are probably not that many of these stoves left, but the recipes from the cookbook are saved.*



### "NATURAL" FALUKORV (STROGANOFF) RICE

about 1200 g falukorv  
2 yellow onions  
2 dl tomato paste  
4 dl water  
If necessary, you could get rid of some  
cornstarch  
Oil to fry in  
Paprika powder  
Salt and pepper  
2 dl sour milk

Wash your hands!  
Peel and finely chop the onion. Shred the sausage.  
Brown sausage and onion in oil.  
Dust over a little paprika powder.

#### Pickled cucumber

2 cucumbers  
1 tsp salt  
4 tbsp vinegar liquor (12%)  
4 tbsp sugar  
1 pinch white pepper

Wash your hands!

Slice the cucumber thinly with a cheese slicer. Mix the cucumber with salt. Stir together vinegar, water, sugar and white pepper. Stir until the sugar dissolves. Pour the brine over the cucumber. Let stand



Add tomato paste and water.  
Possibly rode with a little cornstarch mixed in water.

Season with salt and pepper.

In the natural cookbook for natura stoves it says that you should remove the pot from the heat and stir in 2 dl of sour milk, this is a matter of taste. If you would rather add about 4 dl of milk after the tomato paste, it works just as well and is at least as good.

Serve with boiled rice, lettuce, corn and pickled cucumber.

If you would rather make a **risotto a la natura** (which was popular at camps in the 80-90s, that is also fine) about 1000 g falukorv

2 yellow onions

4 apples

500 g frozen corn

Curry

Oil to fry in

Salt and pepper

Wash your hands!

Cook the rice according to the instructions on the packages.

Peel and finely chop the onion. Cut the sausage and apple into small cubes.

Fry onions and sausages in oil. Dust over curry.

Add rice, apple and corn and fry until hot and have a little surface. Season with salt and pepper. Serve with salad.





## FRIDAY 1/8 LUNCH

*Two years ago we went back to the Vasa era and met Gustav Vasa himself. At **the Vasa camp**, we celebrated the election of Gustav Vasa as king 500 years ago. Poultry from the bell rebellion was served with Columbus pasta and there will also be today's lunch.*



## POULTRY FROM THE BELL REBELLION WITH COLUMBUS PASTA

1000 g pasta penne  
1500 g Salad chicken  
500 g peas, corn, peppers  
2 cucumbers  
3 tomatoes

Wash your hands!

Cook the pasta according to the instructions on the packages.

Rinse the pasta with cold water immediately when it has finished cooking.

If you have any who are allergic, remember to remove ingredients before mixing everything together.

Serve with Vinaigrette dressing.

### Vinaigrette dressing

3 dl oil  
1/2 dl vinegar  
2 tsp salt  
2 cloves of garlic (finely chopped or pressed)  
1 pinch black pepper

Wash your hands!  
Whisk all the ingredients together.





## FRIDAY 1/8 DINNER

*In 2002, 4 countries gathered at a small camp in Nybro. We met fairy tale characters from an entire library, cooked in military kitchens and on the last evening we were offered a taco buffet. A festive ending that went down well with all scouts at **Sagoluffen**. So tonight we do the same conclusion of Repris 2025.*



## TACO BUFFET FROM SAGOLUFFEN

1500 g minced meat  
Taco seasoning  
20 tortillas  
2 red onions  
4 tomatoes  
2 cucumbers  
1 head of lettuce  
500 g corn  
3 dl sour cream  
Taco sauce  
Nacochips

Wash your hands!

Fry the minced meat and oil, add taco seasoning and 2 dl water. Bring to a boil.

Rinse and chop the vegetables and place in bowls.

Serve with tortilla bread and naco chips





*One of our suppliers*



# *Grönsakshallen*

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*Sorunda*





Some mixed recipes that you can cook during the week, if you want.

*There will also be eggs at the campus management.*

*We have counted on about 2 eggs / person during the camp week.*

*So think about when and how you want to serve eggs and then order these on your list at the campus management.*

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## GRÄNSÖ MONKS

In 1946, SSF had its big union camp on Gränsö, and 50 years later it was time again for a camp at the same place, **Spårlös-96**. It was celebrated by building a fairground with various more or less dangerous rides. We ate mackerel and sausage bread both lengthwise and crosswise. But those who wanted to indulge a little also did Gränsömunkar some evening.



1 dl wheat flour  
1 dl milk  
2 slices of bread  
Applesauce

Wash your hands!

Place a dollop of applesauce between two fine slices of bread. Divide the sandwich into 4 equal parts. Dip the pieces into the batter so that they are completely covered. Fry them in oil until golden brown.

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## PIZZA SALAD

1/2 head of cabbage  
1 tsp salt  
0.5 dl rapeseed oil  
2 tbsp vinegar  
black pepper

Wash your hands.

Finely shred the cabbage. Sprinkle with the salt and knead it for about 5 minutes. Perfect for someone who has a little excess energy. Let stand for about 10 minutes. Mix oil, vinegar and black pepper. Knead this into the salad.





## FLUFFY BREAKFAST PANCAKES FROM THE USA

In 2019, almost 2000 Swedish Scouts crossed the Atlantic to participate in the World Scout Jamboree USA. The theme was *Unlock a new world* and was about finding keys to a more sustainable world. Just like at all foreign camps, you get to try new food from a new culture. Many learned to survive in bars. But on the tour, it could happen that you got a real pancake breakfast, so here are recipes for fluffy pancakes. Maybe you have an early bird in your village who wants to get up and make pancakes some morning during the camp week.



4 dl flour  
1 tsp baking powder  
1/2 tsp salt  
2 tbsp sugar  
3 1/2 dl sour milk  
1/2 dl oil  
2 eggs

Wash your hands!

Whisk all the ingredients together until smooth. Fry in a little oil over medium heat. Serve with sugar and cinnamon.

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## ZUCCINI STEAKS

2 medium zucchinis or 1 large  
3 carrots  
0.5 tsp salt  
2 eggs  
1 slice of grated white bread  
1 tsp pepper  
1 tsp salt  
Oil to fry in

Wash your hands!

Peel the carrots and wash the zucchini. Grate them on the coarse side. Sprinkle with salt, mix and leave for 5 minutes.





In the meantime, whisk together the other ingredients. Squeeze out the vegetables thoroughly and add them to the batter. Mix. If it gets too wet, you can tear down a little more bread. Fry in oil.

