

Recipe: Delicious River Soup



River Soup Recipe (7.5 L)

Put 1.5 kg of white fish from your local waters into a meat grinder, twice. Mix with 300 g bacon fat along with 4 eggs and enough breadcrumbs so as to have a sticky consistency but not too moist. Season with pepper, salt and parsley and knead everything until it's all very well-mixed. Shape into small dumplings.

Take 1 kg carrots, 5 leeks and 3 celery stalks, cut into small pieces and fry in oil in a deep pot. Take 5 L of fish broth and pour the entire amount slowly into the pot. Season with salt and pepper and add 2-3 cloves of pressed garlic to taste. Boil for 15 min. Subsequently add 2.5 L hot broth of your choice and peas (in winter, frozen ones can be used). Finally add the shaped dumplings into the soup and allow to steep for 10 minutes.

Serving suggestion:

The river soup could cause plenty of good ideas, creative outbursts and strong visions to flow forth for living rivers and lakes, and allow dedicated citizens along with representatives from politics, media and authorities to face the music together!

The Big Jump Challenge Team and sustainable target-fishers wish you a wonderful meal!



Photos: Fallersleben High School, Finale BJC 2014.