



500 g potatoes
1/8 litre milk
1/8 litre broth
1 onion
15 g butter
300 g corned beef
50 g beetroot
2 tablespoons beetroot
juice
9 pickled herring
rollmops
3 pickled gerkin
3 eggs
Pepper
1/4 teaspoon salt

Seeing is believing.

Labsgaus is a traditional seafarer's dish made from salted beef, mashed potato and beetroot, decorated with cholesterol-rich eggs and pickled gerkins.

More often than not, you will find a rollmops or salted herring swimming on the plate too. Or other remarkable ingredients not to mention those found in the Mecklenburg-Pomeranian and Danish variations.

Labsgaus was first concocted in 1701 when it was called Lobscouse, literally meaning "meal for rough customers". During the era of large sailing ships, scurvy, keelhauling, grappling hooks and mutinies, Labsgaus was probably one of the lesser evils. In case you now have an overwhelming desire to indulge like a sailor, here's the recipe for 3 portions:

1. Peel and chop potatoes and cook in salted water until done.
2. Chop the onion finely and fry in butter until glassy. Place them aside.
3. Heat the broth and milk.
4. Drain the potatoes and add the milk and broth before mashing them. Don't let the mashed potato get too thick. Add broth if necessary.
5. Mix the finely chopped onions in the mashed potato.
6. Dice the corned beef, finely chop the beetroot and mix both in the mashed potato.
7. Stir in the beetroot juice, add pepper and salt and bingo! Your labsgaus is ready.
8. Now all you need are three fried eggs.
9. Dish the labsgaus onto a preferably pre-heated plate and place an egg on the mashed potato. Garnish with gerkins, rollmops and the remaining beetroot.