



Traditional Frikadellen



Ingredients:

- ½ lb. ground beef, 80% recommended for moist Frikadellen; no leaner than 92%
- ½ lb. ground pork
- 1 Medium yellow onion, very finely chopped
- 2 Slices slightly stale white bread (about 2 oz) (or croutons)
- ¼ Cup warm water or milk
- 1 Large egg
- 1 Clove garlic, minced
- ¼ Cup chopped fresh parsley
- 1 tsp Salt
- ¾ tsp Freshly ground black pepper
- 1 tsp Prepared yellow mustard
- 1 tsp Dried marjoram
- 1 tsp sweet Hungarian paprika
- ½ tsp Ground ginger
- ¼ tsp Ground mace
- ¼ tsp Ground coriander
- 1/8 tsp Ground cardamom
- 3 TBLs Olive oil
- 1 TBLs Butter

Method:

1. Break the bread up into small pieces, place them in a small bowl and pour water/milk over them and let them soak for 15 minutes while you're preparing the other ingredients. Squeeze out any excess liquid.
2. Heat some oil or butter in a frying pan and sauté the onions until soft and translucent, 5-7 minutes. Add the garlic and cook for another minute.
3. Place all of the ingredients (except for the olive oil and butter) in a large bowl along with the onion mixture and the soaked bread. Use your hands to thoroughly knead the mixture until well blended and the meat is smooth. The more you knead it, the better the results.
4. Form the meat mixture into balls according to desired size and slightly flatten them. Cover and chill the patties in the fridge for at least 30 minutes.
5. Heat the olive oil and butter in a frying pan. Once hot add the Frikadellen / Frikadeller and fry on both sides on higher heat until nicely browned, then lower the heat and continue to fry over medium heat until cooked through according to desired doneness.
6. Traditionally served with potato salad or a crusty bread roll slathered with mustard.