

# Northern German Frikadellen

Ingredients: 500gr mixed minced meat (250gr beef and 250gr pork), low fat content i.e. 5% fat steak mince, 8% fat pork mince 2 slices white bread 1 egg 1 tbsp medium mustard 1 medium size onion salt, pepper, paprika breadcrumbs (optional)

Method: 1.) soak 2 slices of white bread in warm water for a few minutes 2.) dice onion 3.) remove the white bread from water and squeeze it to remove more water 4.) mix white bread with the minced meat and onions, add mustard, egg, salt, pepper and paprika and optional breadcrumbs 5.) form multiple balls from meat mixture and press them flat to a height of about 3cm 6.) heat some oil in a frying pan on medium to high heat, then add the frikadellen, after a minute, turn them and reduce heat, fry for additional 4-6 minutes until cooked thoroughly.

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Last update: **2023/05/29 11:53**

