



Frikadeller

INGREDIENTS

- 500 gms Waratah Duroc Pork Mince
- 1 onion finely chopped
- 1 tbsp flour
- 1 egg
- ¼ cup milk
- 1 tsp salt
- ¼ tsp pepper
- 3 tablespoons oil or 30 grams butter

METHOD

1. Place all ingredients in a kitchen whizz and pulse until the ingredients are blended. Be careful not to over blend causing the mince to become sausage- meat.
2. Mix the egg, milk and flour then add a little mince and onion at a time mixing by hand.
3. Place the frikadeller mix in the fridge for minimum of 15 mins.
4. When ready to cook, put the oil or butter into the frying pan on high heat.
5. Scoop large tablespoon portions from the mix and form them into balls, flatten slightly and put in pan.
6. Once the pan is full turn the heat down to medium and fry on each side for 3 to 4 minutes.

Serve with boiled potatoes and steamed vegies.

TRADITIONAL DANISH MEATBALL

Serves 4

Preparation Time – 20 mins

Cook time – 10 mins

Hint/tips

Additional flavour can be added to Frikadelle through herbs and spices such as cumin, coriander and turmeric.

This dish is best served with sauce.

1. Remove frikadeller from the pan and move to the oven to keep warm.
2. Turn the pan to high, add a cup of chicken stock and stir - scraping all the goodies off the bottom of the pan.
3. Once the stock is reduced to half, add ¼ cup of cream
4. Add a teaspoon of mustard and salt and pepper to taste

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