

GERMAN FOOD GUIDE

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Frikadellen

Number of Servings: 4

Ingredients

1 lb Ground Meat - Pork, Beef, or a combination of the two
Milk or Heavy Cream
1 Egg
1 medium Onion, finely chopped
1 Bread Roll, cut into small cubes
2 teaspoons Chopped Parsley
1 tablespoon Mustard
1 teaspoon Dried Marjoram
Salt, Pepper
Butter for frying

Instructions

Soak the bread cubes in milk or cream (or optionally water). Once the bread has absorbed the liquid, squeeze out excess liquid.

In a large bowl, combine meat, onions, parsley, bread, egg, mustard, salt, pepper, and marjoram. Mix until a mass forms and the mixture holds together. If the mixture is too moist, add some bread crumbs to help it hold together. Form mixture into thick, round patties.

On a medium heat, melt butter in a frying pan. Fry the Frikadellen in the butter - about 7 minutes per side - until golden brown. Make sure that the heat is not too high so that the Frikadellen do not burn. Remove from pan when done.

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