

## Recipe for *Frikadellen*

German *Frikadellen*, a flavorful meat patty that is a cross between a meatball and a burger.

When I talked to my German friends and checked recipes in cookbooks and online, everybody seems to have a different twist to the recipe. The meat and the soaked bread are the same, although in some recipes the bread is soaked in milk instead of water. Sometimes, the onions are sautéed with some parsley. I found recipes with different spices added like mace and cardamon. My girlfriend, Susanne (who is an excellent cook) adds Worcestershire sauce.

### Tips for making a good *Frikadelle*:

Select a ground meat with a good ratio of fat. If you use extra lean meat, the *Frikadelle* will lose a lot of water and become dry. Use your hands and thoroughly knead the mixture; the more you knead the better the results. Moistening your hands with water before forming the patties will prevent the meat mixture from sticking to your hands. If you want to test for the correct seasoning, sauté a little patty and taste. Keep the patties in the fridge for at least 15 minutes before sautéing them. Traditionally the *Frikadellen* are fried in clarified butter. And they freeze well.

### Ingredients:

½ pound ground beef  
½ pound ground pork  
1 slice white bread or bun (preferably 1-2 days old)  
2 tsp German or Dijon mustard  
2 TBS finely chopped parsley  
1 small onion finely chopped  
1 tsp paprika  
1 tsp salt  
½ tsp mace  
a squeeze of Worcestershire sauce  
2 TBS olive oil +1TBS butter

### **Directions:**

Soak the bun in cold water for about 15 minutes. Finely chop or grate the onion. Finely chop the parsley. Squeeze all the water out of the bun. Add all the ingredients to a large bowl. Mix them with your hands for a while until everything is well combined. Use wet hands to make the patties. I formed six patties, but you can make them smaller. Shape each part into a ball and flatten them with your hands. All patties should be the same size. Heat the oil and butter in a frying pan and sauté the patties on medium heat until they are browned on both sides (6-7) minutes. If you have a meat thermometer, check the temperature. It should read 165° F in the center of the *Frikadellen*. Transfer to a plate with paper towels and rest them for a few minutes before serving.

*Guten Appetit!*

Recipe from [sunnycovechef.com](http://sunnycovechef.com)  
(and many cooks before me )

