

## **Frikadeller (Danish Fried Meatballs, Meatballs in Curry & Meat Dumplings)**

9 oz ground pork  
9 oz ground veal or beef  
1 smallish onion  
6-7 oz flour, **OR** 5½ oz oats **OR** 5½ oz bread crumbs  
1 egg (or 2 egg whites)  
1 tsp salt  
¼ tsp pepper  
9½ oz milk, light cream, club soda or vegetable water  
Kim's addition: 4-5 oz shredded mushrooms

Chop onion (finely, or shred), mix all ingredients – adding liquid till it just barely holds grooves from mixing (goal is a very thick 'batter'). Let it rest for 30-45 minutes, so oats can absorb some of the liquid. Use more liquid if using flour or breadcrumbs; use less liquid if adding mushrooms.

### **Fried Meatballs**

Heat frying pan and let butter or margarine begin to brown. Use a table spoon to portion the meatballs (dip in water after each meatball, so the mixture releases better).

Reduce heat & sautee about 8-10 minutes. Increase the heat and turn, again reduce the heat and sautee about 8-10 minutes. Should be brown and somewhat crisp on the outside, and juicy on the inside.

- Full size for dinner, served with potatoes and pickled beets.
- Half size for lunch, served with cucumber salad on the side.

### **Meatballs in Curry**

Use two large teaspoons to portion/shape half size meatballs into simmering water. Return to simmer/very light boiling, and poach for 10-12 minutes. Remove from heat.

Melt 3 Tsp of butter over medium high heat. Add curry powder (2-4 tsp to taste), and let it brown to release the flavors.

Add flour to form a roux, and then poaching liquid, to make a curry sauce. Optional: Add a shredded Granny Smith apple.

Add meat balls to sauce to heat through, and serve over cooked rice.

### **Meat Dumplings for Soups**

You can use the same recipe to make meat dumplings for soup (best made with breadcrumbs). Use two small tea spoon to portion/shape the dumplings into simmering water or broth. Simmer for 5-6 minutes. The broth can be used for gravies.