



# DANISH SISTERHOOD *of* AMERICA

*Connect with Your Danish Heritage*

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## Recipe: Frikadeller

*Danish "Meatballs"*

*You can also use a mixture of beef, pork, and veal. If so, just use ½ pound of each. Many grocery stores offer a "meatloaf mix" that is a combination of all three meats already ground together. The extra grinding of the meat is not necessary, but provides a smoother, more blended texture.*

### INGREDIENTS

- ¾ pound twice ground beef
- ¾ pound twice ground pork
- 1 small onion, finely grated
- 1 cup bread crumbs (or ½ cup sifted flour)
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1¼ cups milk (1 cup if using flour)
- 1 large or extra-large egg, beaten
- 3+ tablespoons butter

### DIRECTIONS

In a large bowl, combine beef, pork, onion, bread crumbs (or flour), salt, and pepper. Mix well.

Vigorously mix milk and egg. Add to meat mixture and combine until well blended. Shape meat into flat oval "meatballs" using about a tablespoon of meat.

Heat butter in pan over medium to medium-low heat. Add frikadeller to pan. Cook in batches so frikadeller have room to "breathe" in pan. Add more butter, as needed. Cook until nicely browned on each side (7–10 minutes).

Frikadeller are traditionally served with brunede kartofler (carmelized browned potatoes) and rødkål (cooked red cabbage).