

Frikkadels Recipe

(Dutch Force Meat Balls - Sri Lankan Recipe)

Ingredients: Makes about 40

500 g (1 lb) minced steak
1 tablespoon butter
1 small onion, peeled and finely chopped
½ cup soft white breadcrumbs
1½ teaspoons salt
½ teaspoon ground black pepper
2 teaspoons chopped fresh dill or ½ teaspoon dried dill weed
¼ teaspoon ground cinnamon
¼ teaspoon ground cloves
1 clove garlic, peeled and crushed
½ teaspoon finely grated fresh ginger
2 teaspoons Worcestershire sauce or lemon juice
1 egg, beaten
dry breadcrumbs for coating
oil or ghee for deep-frying

Method:

Melt butter in a small frying pan and gently fry onion until soft and aromatic. Let cool a while and remove to combine with minced steak, soft white breadcrumbs, salt, pepper, chopped dill, cinnamon, cloves, garlic, ginger and Worcestershire sauce. Mix thoroughly and shape into small balls about 2.5 cm (1 inch) in diameter. Dip into beaten egg and coat with dry breadcrumbs. Deep fry in hot oil until cook and golden brown. Drain on absorbent paper before serving.

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