



DUTCH

Dutch Meatballs in Butter Gravy (Gehaktballen)

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	4	15 min	45 min	Pan-fry	Ground beef

Ingredients

- 700 g (1½ lb) ground beef, 85/15 (or half beef, half pork)
- 2 slices white bread, crusts removed
- 80 ml (⅓ cup) milk
- 1 egg
- 1 small onion, grated
- 1 tsp salt
- ½ tsp black pepper
- ¼ tsp ground nutmeg
- 75 g (⅓ cup) butter
- 250 ml (1 cup) water
- 1 bay leaf

Steps

1. Soak the bread in the milk for 5 minutes, then mash it with a fork.
2. Add the beef, egg, onion, salt, pepper and nutmeg and mix by hand until just combined.
3. Shape into 4 large balls, about the size of a tennis ball, rolling them smooth between wet hands.
4. Melt the butter in a heavy pot over medium heat until it foams and turns golden. Add the meatballs and brown them for 10 minutes, turning often, until deep brown all over.
5. Pour the water around the meatballs, add the bay leaf and scrape up the browned bits.
6. Cover and cook on low heat for 30 minutes, turning once, until the centres reach 71°C (160°F).
7. Lift out the meatballs. Boil the pan juices for 2 minutes to make a thin, rich butter gravy.
8. Serve with boiled potatoes and green beans or carrots, gravy poured over the potatoes.

Notes

- **Sunday tradition:** Dutch families often braised meatballs on Saturday to eat cold on bread on Sunday.
- **Make ahead:** they keep 3 days and slice well cold with mustard.
- **Smaller balls:** make 12 instead and cut the covered cooking to 15 minutes.
- **Slow cooker:** brown the meatballs first, then cook with the water and bay on low 4 hr or high 2 hr, until 71°C (160°F). Boil the juices in a pan to make the gravy.