



GERMAN

Frikadellen

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	4	20 min	15 min	Pan-fry	Ground beef

Ingredients

- 500 g (1 lb) ground beef, 80/20 (or half beef, half pork)
- 1 stale bread roll (about 60 g / 2 oz), soaked in 100 ml ($\frac{1}{3}$ cup) warm milk
- 1 medium onion, finely chopped
- 1 tbsp butter
- 1 egg
- 1 tbsp medium mustard
- 2 tbsp chopped fresh parsley
- 1 tsp dried marjoram
- 1 tsp salt
- $\frac{1}{2}$ tsp black pepper
- $\frac{1}{2}$ tsp sweet paprika
- 3 tbsp vegetable oil or lard, for frying
- Potato salad, German mustard and pickles, to serve

Steps

1. Cook the onion in the butter in a small pan over medium heat for 4 minutes until soft and translucent. Let it cool.
2. Squeeze the milk out of the roll and tear the bread into small pieces.
3. In a large bowl, combine the beef, bread, cooled onion, egg, mustard, parsley, marjoram, salt, pepper and paprika. Mix by hand for 1 minute until just combined; stop as soon as it holds together.
4. Wet your hands and divide into 8 portions. Shape each into a patty about 2 cm ($\frac{3}{4}$ in) thick, slightly flattened.
5. Heat the oil in a large skillet over medium heat until it shimmers.
6. Pan-fry the patties in two batches, 5 to 6 minutes on the first side until deep golden brown with a crisp crust.
7. Turn and cook another 4 to 5 minutes, lowering the heat if they brown too fast, until the centre reads 71°C (160°F) and the juices run clear.
8. Drain on paper towels and rest 2 minutes. Serve hot or at room temperature.

Notes

- **Make ahead:** they are excellent cold, which makes them a picnic and lunchbox favourite.
- **Bread:** day-old Brötchen is traditional; any crustless white bread works.
- **Serving:** potato salad, red cabbage or a sandwich with mustard are all classic.
- **Air fryer:** preheat to 180°C (350°F). Cook the patties in a single layer for 12 to 14 minutes, flipping halfway, until 71°C (160°F) in the centre.