

Danish Meatballs

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Danish Meatball recipe

Ingredients & Quantities

- 180g of Minced Pork
- 140g of Minced Beef
- 80g of Minced TVP
- 240ml of Water (for TVP)
- 60g of White Breadcrumbs
- 1/4tsp of Dried Sage
- 1/4tsp of Ground Mixed Spice
- Pinch of Salt
- 1/4tsp of Pepper
- 1 Egg
- 30ml of Water
- 30g of Oil

Gravy

- 40g of Lard
- 40g of Flour
- 750ml of Stock

Method

1. Add all the dry ingredients to the beef and pork.
2. Add the beaten egg and water to the meat mixture, mix well and shape in to balls.
3. Place in a greased tin and brush the balls with the oil.
4. Place in a hot oven at 450F/230C for 20-30 minutes.
5. Make the gravy using the roux method and pour over the meat balls.
6. Cover the tin with a lid, or foil, and put back in the oven at 350F/180C for 1.5 hours.