

Meatballs

45–50 Min

Preparation

1. Mix the breadcrumbs and milk in a bowl and let it soak for 2 minutes. In a large bowl, add the meat, egg, spices and soaked breadcrumbs and mix well, preferably with your hands.
2. Scoop out the mixture with a spoon and shape small balls with wet hands. You should get about 30 meatballs.
3. In a large pan, heat 1 tablespoon of oil over medium heat. Add the meatballs and fry them, turning occasionally, for about 10 minutes, or until they are cooked. If all the meatballs don't fit in the pan, work in batches. Remove the baked meatballs and place them under aluminium foil to keep them warm.
4. Reduce the heat to medium. Add the butter to the pan and melt it. Add flour, mix, and fry for 1 minute. While stirring, pour in about 1/4 of the beef stock and gradually add the remaining stock. Cook for 2 minutes, then add the cream and cook for a few minutes, then remove from the heat.
5. Serve the meatballs with sauce, mashed potatoes, boiled peas and some cranberry jam.

Ingredients 6 Portions

= Kotányi Produkte

For the balls

75 g	Bread crumbs
4 tbsp	Milk
300 g	Finely ground beef
300 g	Finely ground pork
1	Egg
0.25 tsp	Nutmeg, Ground
1 tsp	Garlic Granules
0.25 tsp	Pepper White, Ground
1 tsp	Himalayan Salt
1 tbsp	Oil

For the sauce

40 g	Butter
30 g	Plain flour
500 ml	Beef stock
125 ml	Cooking cream