

Meat farce

[Köttfärs]

4-5 portions

1 lb. minced beef

4 oz. minced pork

or

$\frac{3}{4}$ lb. minced beef

4 oz. minced veal

4 oz. minced pork

7 tablespoonfuls dried white bread-
crumbs (scant $\frac{1}{2}$ ☞)

or 2 boiled potatoes

about $\frac{1}{2}$ pint milk or cream and water
($1\frac{1}{4}$ ☞)

salt, white pepper
(allspice)

1 egg

1 tablespoonful grated or chopped onion
(1 tablespoonful butter or margarine)

Soak the breadcrumbs in the liquid or
mash the potatoes. Mix the farce and

work it with the seasoning. Stir in the
egg and onion (fried in butter). Add
the soaked breadcrumbs or mashed
potatoes and the liquid. Work the farce
until it is smooth.

Use the farce for meatballs, baked
meat farce, meat farce olives, etc.

Meatballs

[Köttbullar]

4-5 portions

full quantity meat farce, see previous
recipe

FOR FRYING

butter or margarine

($1\frac{1}{2}$ -3 gills water or stock) (1-2 ☞)

(7 tablespoonfuls cream)

(2 tablespoonfuls plain flour)

FRYING TIME

small meatballs: 3-5 min.

large meatballs: 5-8 min.

Prepare the farce and shape it into
even-sized balls.

Heat the fat in a frying pan. Fry a few
meatballs at a time and shake the pan
so that the balls are browned all over.
Continue frying over gentle heat with-
out a lid.

Lift out the meatballs.

If the meatballs are to be served with
gravy or sauce, swirl out the pan with
water or stock and add cream, if liked.
The sauce may be thickened and it
should then be cooked for 3-5 minutes.
Taste the gravy or sauce for seasoning
before serving.

Small meatballs are served on the cold
table.

Large meatballs are served with gravy
or sauce and also boiled potatoes,
macaroni or spaghetti, boiled vege-
tables, cucumber, tomatoes, a green
salad and lingonberry preserve.

See colour plate facing page 328.

Meatballs

1 lb. hamburger

4 oz. ground pork

2 or 1/2 C. dried breadcrumbs or 2 boiled potatoes

1/4 c. milk or cream & water mixed

Salt

pepper

allspice

1 egg

1 Tbsp. grated onion (sautéed in butter)

Soak bread crumbs in liquid or mash the potatoes. Mix meat w/ seasonings. Stir in egg & sautéed onion. Add soaked breadcrumbs or potatoes & the liquid.

Frying time 3-5 min (sm. meatballs)

5-8 min (large meatballs)