

Frikadeller (Danish Meatballs)

Meatball Ingredients

- ½ pound ground beef
- ½ pound ground pork
- ¼ cup milk, or as needed
- ¼ cup finely grated onion
- 1 large egg
- ¼ cup breadcrumbs, or as needed
- ¼ cup all-purpose flour
- ¼ cup seltzer water
- salt and pepper to taste
- ¼ cup margarine

Gravy Ingredients

- 1 tbsp butter
- 2 tbsp flour
- 1 cup heavy whipping cream
- 1 beef bouillon cube
- 5 sage leaves or more to taste

Directions

- Mix veal and pork together in a bowl until well combined. Stir in milk, onion, and egg. Mix in bread crumbs, then flour; knead well to mix. Mix in seltzer water, salt, and pepper until well combined. The mixture should be very moist, but not dripping.
- Cover and refrigerate for 15 to 30 minutes.
- Form about 2 1/2 tablespoons meat mixture into a slightly flattened, oval meatball about the size of a small egg. Repeat to make remaining meatballs.
- Melt margarine in a large skillet over medium heat. Fry meatballs in the hot skillet until no longer pink in the center and well browned on the outside, about 15 minutes per side. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).
- Melt 1 tbsp of butter in the pan and then add the flour, mixing with a wooden spoon to form a paste.
- Add the heavy cream into the pan and the beef bouillon cube, stirring over medium heat to dissolve the cube. Add sage leaves into the pan. Continue stirring until the gravy thickens.
- Put the meatballs back into the pan with the gravy, cover, and cook for another 2-3 minutes. Serve and enjoy!