

CULINARY DISCOVERY PAVILION

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FRIKANDEL ESPECiAL

Emily Nienhaus, *Allrecipes*, Netherlands

INGREDiENTS

- 1 pound ground beef (80/20)
- 1 pound ground pork
- 8 ounces ground chicken
- 1 tablespoon onion powder
- 2 teaspoons salt
- 2 teaspoons garlic powder
- 1 teaspoon ground allspice
- 1 teaspoon ground nutmeg
- ½ teaspoon freshly ground black pepper
- ¾ cup heavy cream
- 2 quarts vegetable oil (for frying)
- Curry ketchup, mayo, chopped onion, for serving

INSTRUCTiONS

Working in batches if needed, combine the beef, pork, chicken, onion powder, salt, garlic powder, allspice, nutmeg, black pepper, and heavy cream in a large food processor. Process until the meat is finely ground and the seasonings are evenly incorporated.

Bring a 6-quart pot of water to a boil.

Meanwhile, fill an extra-large disposable piping bag with the meat mixture. Cut a 1¼-inch opening at the tip.* Pipe 7-inch-long portions onto parchment paper in groups of 4 to 5.

Working in batches of 4 to 5, carefully lower the sausages into the boiling water, using the parchment paper to support them. Once the sausages release from the parchment, remove and discard the parchment. Cook for 5 to 6 minutes, or until the sausages are partially cooked, approximately 145 to 150°F. Transfer with a slotted spoon to a clean tray and let cool slightly.

In a heavy bottom 5-quart Dutch oven or pot, heat vegetable oil until 350°F. Working in batches of 4 to 5, carefully place the Frikandelle into the hot oil and fry until golden brown, 2 to 3 minutes.

Slice each frikandelle lengthwise about two-thirds of the way through, being careful not to cut all the way through. Serve topped with chopped onion, Curry Ketchup, and Dutch mayonnaise, if desired.

*Or use a sausage extruder with a 1-inch (2-cm) attachment. Alternatively, use a clean plastic soda bottle with the bottom cut off and a wooden spoon to press the meat mixture through.

To Make Ahead: Freeze boiled and cooled frikandelle in an airtight container for up to 3 months. Fry from frozen for 5 to 6 minutes, or until heated through and the internal temperature reaches 160°F.

Curry Ketchup: In a small bowl, stir together 1/2 cup ketchup, 2 teaspoons curry powder, 1 teaspoon sugar, 1 teaspoon Worcestershire sauce, 1 teaspoon sweet paprika, 1 teaspoon chili powder, and 1/8 teaspoon cayenne pepper.



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