



“Dad’s Frikadellen” German-style meat patties

feeds 5 to 6 persons

- 1 lb ground beef
- 1 lb ground pork
- 2 large eggs (or 3 small)
- 1 medium yellow onion, finely chopped
- 2 Chicago hard rolls, dried
- Salt, pepper, sweet Paprika to taste
- Plain breadcrumbs or Panko for breading
- Neutral taste cooking oil (e.g. Avocado, Grape Seed, Sunflower, Canola)
- Dash of white vinegar
- OPTIONAL SPICES:
- Chopped parsley
- Capers, minced
- Garlic, finely chopped
- Minced Jalapenos

Soak the hard rolls in water until mushy and then press out the water with your hands. In a large bowl mix all ingredients and soaked rolls together. Do not overwork as the patties will become dense otherwise. If mixture seems too moist, add some plain breadcrumbs.

Shape meat into ~2 inch wide, ~3/8 inch thick patties and lay down on a bed of breadcrumbs (we love Panko). Press down slightly and turn, press again and make an indentation in the center with your thumb.

Warm up the teppanyaki on #5 and then set to about #8 to 8.5 (depending on model). When hot wipe the cooking center with cooking oil. Take a folded paper towel with tongs, soak in oil and wipe the surface until nicely coated.

Cook meat patties – don’t move them around – until the edges appear to be nicely browned. Check bottom, add some more oil if necessary and turn patties over. Cook until the other side is brown as well. Check for doneness.

If you plan to cook sides, arrange meat patties in the warming area and proceed cooking your prepped vegetable in the center until done.

TIP: Leftover “Frikadellen” taste great at room temperature with a dollop of good Dijon mustard. Make mini, bite-size patties for yummy appetizers. Serve with chutneys or different mustards.

View video clips on our blog and on the Cook-N-Dine Channel on YouTube.

