

## Breaded meat medallions

### Ingredients

- 2 pounds of ground beef
- 1 grated onion
- 1/2 tablespoon salt
- 1/4 teaspoon pepper powder
- 1/4 teaspoon nutmeg
- 4 eggs
- 1 1/2 cup cracker meal
- Oil
- 8 toasted bread medallions
- mustard sauce

### Directions

- Place the meat in a bowl and add the onion, salt, pepper and nutmeg. Mix well
- Add 2 eggs, mixing each one in well.
- Add cracker meal to give consistency to the dough, but it should still be soft.
- Divide into 8 parts.; Each part is bowled and crushed until it is 1/4 inch of thickness.
- Pass each part through breadcrumbs or cracker meal, beaten eggs and crumbs again.
- Fry in hot oil, until golden brown.
- Sauce is poured on them.
- They are served hot. If desired they are garnished with lemon wheels powdered with paprika.

