

Frikadel (Perkedèl)

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If you are Dutch you are familiar with the small sausage shaped frikandel. But this Indonesian version is different. These round shaped meatballs or fried patties are seasoned with loads of nutmeg and potato is added to the meat. That makes this frikadel less dense and more delicious ;-).

This recipe is enough for **2-3 people** and is done in **30 minutes**.

Frikadel #179 translated from Beb Vuyk's Groot Indonesisch Kookboek, page 174.

Ingredients

- *1/4 kg beef*
- *1 large boiled potato*
- *1 small egg*
- *oil*
- *breadcrumbs*

herbs

- *2 tablespoons chopped onions*

- 1 chopped clove of garlic
- pepper
- salt
- nutmeg

1. Mash the potato with a fork.
 2. Mix it with egg, onions, and garlic, minced meat and salt, pepper and nutmeg.
 3. Shape it with a dessert spoon into small balls.
 4. Roll them in the breadcrumbs and fry in oil until they are done.
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I use quite a lot of **nutmeg** in my meat balls: about **3 full teaspoons**.

To shape the meatballs I use a **spoon**. This will make them **even sized** and perfectly cooked.



It is important to cook the meat all the way through. It depends on the thickness of your meatballs, but it usually takes about **15-20 minutes**.

Sauté them for a few seconds on both sides. Turn the gas low and turn once or twice.

If you press the meat and it bounces back immediately, the perkedel are done.

Oven

My mom used to make perkedèl in the oven. She did not make meatballs but made a nice layer of the spiced minced meat in a baking dish. Popped it in the oven for about 45 minutes on 180 degrees Celsius and cut the meat into squares before serving.

