

Mici [English version]

- ☐ 1 lb ground beef
- ☐ 1 tsp baking soda
- ☐ 1 cup beef stock
- ☐ salt
- ☐ pepper
- ☐ garlic clove

Add salt and pepper (to taste) to the ground beef, then mix it with the baking soda and the (cold) beef stock. Mix it well until it achieves good consistency. Let the beef mixture sit in the fridge (covered) overnight, for at least 10 hours. The next day, knead the beef mixture once more, then add garlic juice (crush the garlic through a garlic press, keep the juice and mix it with a little bit of water). You can also mix in the pressed garlic bits.

Make the mici by hand: with wet hands pick some of the beef mixture and roll it into sausage shape about 3 inches long and about 1 1/2 to 2 inches in diameter. Place the shaped mici on a wet cutting board (so that they do not stick together or to the board). Heat up the grill and place the mici on the grill (on low to medium heat). Let them cook well, throughout, and serve them hot, with mustard.

Poftă bună!