

Bitterballs

Ingredients

To make 0,6 litres bouillon

600 gr beef brisket
1 big onion
1 big carrot
Handful of parsley
2 laurel leaves
1,2 litres water



To make the roux

The above-mentioned bouillon (take out half of the floating fat)
70 grams butter
70 grams flower
Spoon of nutmeg
2-3 spoons of Worcestershire sauce
½ handful parsley
Pepper and salt

To make the balls

2 eggs
150 grams of bread crumbs
1 spoon of milk

To have a tasty bite

Mustard
Beer

Steps

Cut the beef, parsley, laurel, onion and carrot in big pieces and put them in a big pan (Dutch oven). Add 1,2 litres of water. Simmer for 3 hours.

Separate the vegetables and the meat from the water. You should have about 0,6 litres of bouillon. If less, add extra water to end with 0,6 litres.

Cut the meat in small pieces (max 0,5x0,5cm). If well done and good meat, it will fall apart easily.

Melt the butter in a pan and add the flour. This is called the roux.
Cook and stir for about 3 minutes, until the roux feels sandy and shows a white top layer.

While stirring, add the cold bouillon. Keep stirring until you get a smooth roux.

Add the meat and parsley and cook for about 4 minutes more.

Make the roux tasty by adding pepper, salt, nutmeg and Worcestershire sauce.

Transfer the roux to a box and cool in the fridge for at least 4 hours.

Prepare the bread crumbs (if big, crush smaller) by adding it in a bowl. Mix 2 eggs and milk in a bowl.

Take the roux from the fridge and start rolling a small ball (about 25 grams). Roll the ball in the bread crumbs. Then roll the ball in the egg mixture. Finally roll the ball one more time in the bread crumbs. The final ball will weigh about 30 grams. Repeat until the roux is finished.

Let set in the fridge for about 2 hours. You may freeze them for later.

Fry fresh bitterballs for about 5 minutes at 180°C.
Fry frozen bitterballs for about 8 minutes at 180°C.

Dip in some mustard and enjoy with a beer!