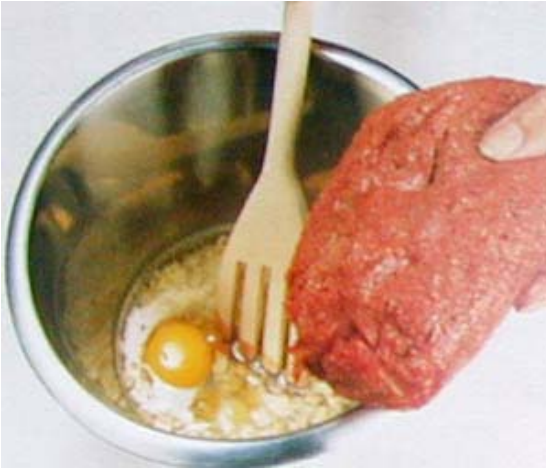


Meat Balls



4 port.	
<i>porridge oats</i>	<i>3/4 dl</i>
<i>& potato flour</i>	<i>1 tbl sp</i>
<i>or dried bread crumbs</i>	<i>4 tbl sp</i>
<i>water</i>	<i>2 dl</i>
<i>salt</i>	<i>1/2-1 tea sp</i>
<i>pepper (black)</i>	<i>1 ml</i>
<i>minced meat</i>	<i>400 g</i>
<i>egg</i>	<i>1</i>

Mix the porridge oats, potato flour and water or the dried bread crumbs and water. Stir in the salt and pepper and let it swell for 10 min.

Work down the minced meat and the egg. Stir until it gets easily workable but not until it gets tough and ropy.

Put cold water on your hands and shape balls of what size you wish.



Fry! Don't put too many in the pan at the same time ;)

I hope that it's understandable Virginia.

I like to serve meatballs with mashed potatoes, brown sauce and lingonberry jam.

Just in case you don't use the same measures as we do, a table spoon is 15 ml and a tea spoon is 5 ml.

I couldn't find a translation for our one ml measure, we call it "kryddmått" which means something like "spice measure".

Good luck!