




|             |   |
|-------------|---|
| Prune purée | ~14 tsp   |
| prunes      | 100 g  |
| water       | 1 dl   |
|             |        |
|             | <b>1</b> Cut in halves.   |
|             | <b>2</b> Put in small pot.  |
|             | <b>3</b> Boil for 15 seconds.   |
|             | <b>4</b> Turn off heat, put on lid.   |
|             | <b>5</b> Continue when it has cooled down.  |
|             | <b>6</b> Blend.   |
|             | <b>7</b> Squeeze through sieve.   |

There is more than one can use at once, so split the purée in small portions and freeze them down. It is practical to freeze the small portions down in an ice cube tray. Put the prune purée in a freezing bag. Cut the corner off. Squeeze small portions out into the ice cube tray.















Clean up carefully after you have made this. The prune purée sticks very well to everything.



Its easiest to form the frikadelles by hand. Use approximately a tablespoon full of mixture per frikadelle. Keep at least one centimeter distance between the them on the pan. The mixture is easiest to work with if you put the bowl back in the fridge between each panful.

The frikadelles are best when the color on top and bottom is speckled medium and light brown, and the sides almost have no color. The crust should not be dark, and certainly not

|                   |  |  |
|-------------------|--|--|
| Frikadelles       |  | 12 pcs                                       |
| bowl 1            |  |  |
|                   | 1 1/2 liter  |  |
| pork mince 8-12%  | 500 g       | <b>1</b> Mix the salt into the mince.        |
| salt              | 1 7/8 tsp   | <b>2</b> Stir until the mince gathers.       |
|                   |  | <b>3</b> Wait 10 minutes.                    |
| bowl 2            |  |  |
|                   | 1/2 liter  |  |
| breadcrumbs       | 2 1/2 tbsp  | <b>4</b> Mix into a new bowl.                |
| wheat flour       | 2 tbsp      |  |
| ground pepper     | 1/4 tsp     |  |
| baking soda       | 1/8 tsp     |  |
| milk              | 3/4 dl      | <b>5</b> Mix into the bowl.                  |
| prune purée       | 1/2 tsp     | <b>6</b> Stir out lumps.                     |
|                   |  | <b>7</b> Wait 5 minutes.                     |
|                   |  | <b>8</b> Stir the porridge into bowl 1.      |
| grated onion      |  |  |
|                   | 1/2           | <b>9</b> Stir into the mixture.              |
| beaten egg        | 1             | <b>10</b> Stir into the mixture.             |
|                   |  | <b>11</b> Put in fridge at least 30 minutes. |
| frying butter     |               | <b>12</b> Shape frikadelles and fry on pan.  |
| refined olive oil |               |  |

crunchy. The frikadelles should be firm and not reddish inside. They should be rubberlike when you press down on them. If the frikadelles are fried too hard they become dry and bland.

Count on it to take 15-20 minutes to fry a panful of frikadelles.

Frikadelles can be frozen. They can last 6 weeks in the freezer. They can also be kept in a fridge for some days. They are good both cold and reheated.