

German Style Hamburgers

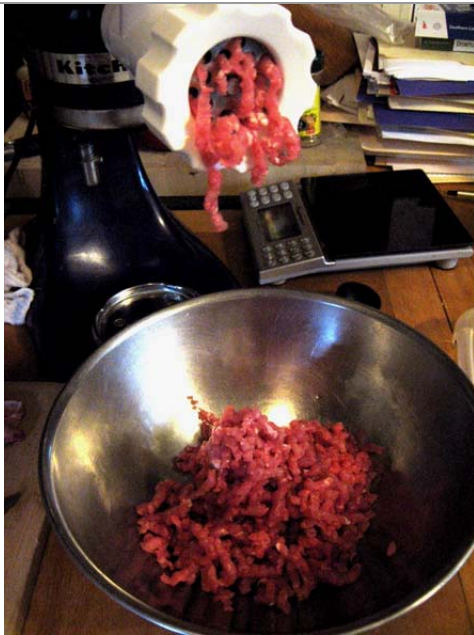
Frikadellen, Bulleten



Ingredients:

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2 large slices of bread
1 egg
1 onions chopped fine or 2
tablespoons dried onion flakes
1 pound minced meat,
(we recommend 1/2 ground pork,
and 1/2 ground beef.)
1 Tbsp German style mustard
1 teaspoon paprika
Salt to taste
Pepper to taste



One option is to grind your own pork tenderloin. If you don't have a grinder you can partially freeze cubes of pork tenderloin and grind them in the food processor.

1. Soak the bread (use bread that has a bite to it or use day old French) in water.

2. Mince the onions. Squeeze the moisture out of the bread and put in a bowl.

3. Add the egg ,minced onions, and mustard. Season with Salt, Pepper and Paprika. Mix well



4. Make into 4 burgers. You of course can make them into more or less.

We made them oval because we used oval buns. (Brötchen)



Spray the burgers with non-stick spray to help keep them from sticking on the grill.



5. BBQ the burgers on both sides to a temperature of 165 degrees. Notice how the burgers are not greasy and they hold together well.



6. Einzi Johnson recommended a Brötchen over a hamburger bun. We first sliced them and then crisp them up in a 350 degrees oven for about 5 minutes. If you can't find these oval rolls a French Baguette cut into 5 inch chunks or how ever long works well. What you want is a crispy crust but tender on the inside. A real contrast from a soft hamburger roll.



7. Place on the roll and we served them with BBQed fries, Butter lettuce leaves, purple onion slices, tomato and pickles. For condiments we served German mustard, catsup and mayonnaise.