

GERMAN FOOD GUIDE

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Fischfrikadellen (Fish Frikadellen)

Number of Servings: 4

Ingredients

1 lb Fish Filets, finely ground
Milk or Heavy Cream
1 Egg
1 medium Onion, finely chopped
1 Bread Roll, cut into small cubes
2 teaspoons Chopped Parsley
1 teaspoon Chopped Chives
Bread Crumbs
1 Lemon
Salt, Pepper
Oil and Butter for frying

Instructions

Soak the bread cubes in milk or cream (or optionally water). Once the bread has absorbed the liquid, squeeze out excess liquid.

In a large bowl, combine ground fish, onions, parsley, chives, bread, egg, salt, and pepper. Mix until a mass forms and the mixture holds together. If the mixture is too moist, add some bread crumbs to help it hold together. Form mixture into thick, round patties.

On a medium heat, heat butter and oil in a frying pan. Fry the Frikadellen - about 6 minutes per side - until golden brown. Make sure that the heat is not too high so that the Frikadellen do not burn. Remove from pan when done. Serve with lemon wedges.

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