

FLEISCHKÜCHLE (AKA: FLEISCHPFLANZERL, KLOPS, FRIKADELLEN, MY MOM'S MEATBALLS)

INGREDIENTS

1 pound ground beef (885-90% lean)
1 small onion, finely dices
1 tablespoon fresh parsley, minced
1 egg
1/2 cup panko bread crumbs
1 teaspoon herbs de Provence
salt and freshly ground black pepper, to taste
2 tablespoon vegetable oil, for the pan

DIRECTIONS

In a mixing bowl, combine beef, onion, parsley, egg, bread crumbs, herbs de Provence and salt and pepper. Mix thoroughly (I do this with my hands). Make patties (not balls) of approximately a handful. This should make about 8 meatballs.

Heat oil over medium heat in a non-stick pan. Place each meatball in the pan and flatten them a bit. Cook on medium heat for 8-10 minutes, turning occasionally.

Serve with a sauce or plain, or with ketchup.