

RALPH'S BITTERBALLEN RECIPE



Ingredients:

- 500g (1lb 2oz) of beef or veal broth
- 500g (1lb 2oz) of cold stock made from beef or veal. (soak the stock for a minimum of 3 and a maximum of 6 hours. Boil 1 litre/4.2 cups of water, this will leave you about 500 grams of stock)
- 60g (2oz) of butter
- 60g (2oz) of flour
- fresh parsley
- 150g (5oz) of breadcrumbs
- salt
- pepper
- nutmeg
- Worcestershire sauce
- 1 tablespoon of milk
- 2 eggs

Preparation:

1. Cut the meat into pieces of about 1 by 1 cm. Melt the butter in a pan, add the flour and stir. This will be the roux, let it cook for 3 minutes.
2. Add the cold stock while stirring, keep stirring until you have a smooth ragout. (In the meantime, leave the fire under the pan) Then fold in the meat and let it simmer for 4 minutes.
3. Season with salt, pepper, nutmeg, parsley, and Worchester sauce.
4. Spoon the ragout into a deep plate and let it become cold and stiff in the refrigerator for at least 4 hours.
5. Sprinkle the breadcrumbs (small and panko mixed) on a flat plate.
6. Mix 2 eggs with a tablespoon of brand, beat them well.
7. Divide the ragout into portions (size is like a small meatball).
8. Roll the ball loosely through the breadcrumbs, then through the egg mixture and finally one more time through the breadcrumbs. After this, the Bitterballen should be well covered on all sides.
9. Place the croquettes in the fridge for at least two hours to stiffen and freeze the others if you don't use all at the same time. Heat the frying fat / air fryer to 180°C/355°F. Deep-fry the Bitterballs for about 5 minutes.

Tips:

- Make sure the flour is well heated. If the flour is not cooked, your ragout will have a sweet aftertaste.
- Always sift your flour. Even if you make something other than croquettes.
- Use either warm stock or warm flour mixture. It is important that not both mixtures are warm.
- When you have made the ragout, make sure that it is well flavored, preferably slightly stronger than you would like. Because the ragout rests for a few hours and is reheated later, the taste diminishes.
- Let your self-drawn stock steep for up to 6 hours. After more than 6 hours, the flavor of the stock diminishes.
- Take your time when making bitterballs. On the first day you draw the stock, the second day you make the ragout and the third day you roll the croquettes.
- First roll your bitterballs lightly in fine breadcrumbs, then in an egg mixture, and finally in coarse breadcrumbs.
- Once your bitterballs are rolled, let them rest in the fridge for about 4 hours.
- Deep-fry croquettes at a temperature of 175°C/345°F to 180°C/355°F. Use liquid fat for this, take 1 litre of fat as a guideline for frying 4 bitterballs.
- Are you taking a croquette from the freezer? Let it thaw in the fridge before frying. This gives your bitterballs a nice crispy crust and the ragout becomes soft and creamy.