

# Frikandellen Dutch Sausages

Ingredients for about 25 sausages: There are a number of formulations for Frikandellen (*sing. Frikandel*). Many of those include the less marketable cuts of various species of meat. These sausages are skinless and after preliminary cooking are generally served deep fried, on a bun, with a “*Speciaal*” sauce and deep-fried potatoes.

U.S.	Ingredient	Metric	Percent
1½ lb.	Pork shoulder	700.0 g	40.00
1½ lb.	Beef chuck	700.0 g	40.00
¾ lb.	Chicken, dark meat	350.0 g	20.00
½ lb	Fat, chicken or pork	250.0 g	14.30
½ lb	Raw onion, minced fine	250.0 g	14.30
5½ tsp.	Salt	40.0 g	2.30
1/3 cup	Skim Milk powder	35.0 g	2.00
4 cloves	Garlic, minced fine	25.0 g	1.45
2 tsp.	Sausage polyphosphates	8.0 g	0.45
1 tsp.	Cure #1	5.0 g	0.30
2 tsp.	Nutmeg, ground	4.5 g	0.25
1¾ tsp.	Pepper, ground	3.5 g	0.20
1¼ tsp.	Allspice, ground	2.8 g	0.16
<b>5 lb.</b>	<b>← Totals →</b>	<b>2.4 Kg</b>	



*This formulation is based on metric measures; U.S. measures are approximate!*

## Preparation:

1. Cut the meat and fat into small cubes and partially freeze them.
2. Place the partially frozen cubes of meat (hold back the fat) into a food processor or RoboCoup and chop to a medium “grind”.
3. Now add the fat, salt, cure and phosphate and process until the fat is well dispersed. This step is extremely important for extracting myosin from the muscle and allowing the meat to stick together!
4. Add the remaining ingredients and process the whole until everything is well mixed.
5. Chill at 40°F for 2 hours.
6. Place paste in a stuffer that has the largest stuffing tube attached.
7. Pump out the paste into 8-inch long skinless sausages onto a cooking rack.
8. Chill for another 30 minutes; then place the cooking rack into a 170°F oven for about 40 minutes-or until the internal temp is 150°F
9. Allow them to cool; at this point they may be refrigerated or frozen for use at a later date.
10. To prepare, deep fry in 350°F oil for 1 minutes and serve on a bun with ketchup or “*speciaal*” sauce.



### *“Speciaal” sauce*

*1 small finely diced onion*

*¾ cup mayonnaise*

*3 tablespoons of prepared garam masala curry paste – or dry garam masala to your taste*

*1 tbs. minced flat-leaf parsley*

### *Preparation:*

*Place all the ingredients in a small bowl, mix well and refrigerate for at least 1 hour.*