

# Sunvil Supper Club

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August 2014 - Kjøttkaker (Meat cakes)



## Ingredients - Serves 4

### Kjøttkaker (Meat cakes)

500g minced beef or venison  
1 large onion (roughly chopped)  
1 tsp salt & pepper  
1 tbsp corn flour  
1 tsp ground nutmeg  
½ tsp ground ginger  
200 ml milk  
Olive oil for frying

### Ertestuing (Mushy peas)

4 cups of dried marrowfat peas  
(soaked over night)  
½ teaspoon salt  
2 tablespoons butter  
1 teaspoon sugar

### Brun Saus (Gravy)

2 beef stock cubes  
500 mls water  
1 tablespoon corn flour

## Method:

Put the dried peas and salt in a pan and cover with plenty of water, add the salt and boil gently for 1 ½ hours until the water has absorbed and the peas are mushy. If you are using canned peas then you only have to boil for 20 minutes.

In the meantime add the minced meat and onion to a food processor turn on and mix for a few minutes.

Add the salt, pepper, nutmeg, ginger, corn flour and milk (a little at a time) and blitz the ingredients until you have a smooth mixture.

Heat some oil in a frying pan. Make 8 meat patties using your hands and fry the meat cakes until brown (about 2 minutes on each side).

Remove the meat cakes from the frying pan and transfer to a saucepan and let sit while you make the brun saus (gravy).

Keep the frying pan on a low heat and add 100 mls of water to cover the bottom of the pan and gently boil for about 1 minute, add the stock cubes and stir until the cubes have dissolved. Pour the stock over the meat cakes and add the remaining water.

Mix the corn flour with a little water and mix until smooth and add to the meat cakes and gravy. Bring to the boil and then simmer gently.

Boil the potatoes and carrots until cooked. Now add the sugar and butter to the mushy peas.

Nothing is as Norwegian as Kjøttkaker. Loosely translated as 'meat cakes', they are very similar in texture and composition to Swedish meatballs but the added spices make them unique.

kjøttkaker are very traditional and are apart of everybody's diet, and will appear on dinner table's at one point or another during the week or month. It has been named Norway's National Dish due to it's popularity, simplicity to make and affordability.

Find out more about holidays to Norway - [www.sunvil.co.uk/discovery/norway](http://www.sunvil.co.uk/discovery/norway)