

Dutch-inspired Beef Croquettes

Delicious crispy beef croquettes inspired by the flavors of Bitterballen, perfect for a flavorful appetizer or snack.



Dutch

45 min

Total time

Medium

Difficulty

350

kcal / serving

Ingredients

- 1/2 lb ground beef
- 1/4 cup breadcrumbs
- 1/4 cup milk
- 1/2 small onion, finely chopped
- 1 garlic clove, minced
- 1/2 tsp nutmeg
- Salt and pepper to taste
- 1 egg, beaten
- 1/2 cup flour
- Oil for frying
- Mustard for dipping

Steps

- 1 In a bowl, mix ground beef, breadcrumbs, milk, onion, garlic, nutmeg, salt, and pepper.
- 2 Shape the mixture into small meatballs and refrigerate for 30 minutes.
- 3 Dip the meatballs in flour, then egg, and again in flour.
- 4 Heat oil in a pan and fry the meatballs until golden brown and cooked through.
- 5 Serve hot with mustard for dipping.