

BARLEY PORRIDGE (*KRUUBIPUDER*)

Recipe for 4 portions

Ingredients:

3 dl of hulled barley

75 grams of butter

7-8 dl of water (or stock)

For serving (optional)

2 onions

100 grams of bacon

PREPARATION AND COOKING

Wash the barley in hot water and leave it to drain. Melt the butter in the pot and add the barley, heat it for a few minutes. Add hot water (or stock), season it with salt and stir properly. Cover the pot with the lid and cook the mixture on the stove at a low temperature for 40 minutes or until the barley is soft. Alternatively, cook it in an oven at 180° C for 40 to 45 minutes. Garnish with fried onions and bacon (optional).



Picture: Barley porridge with minced meat cutlets

MINCED MEAT CUTLETS (MEATBALLS)

Recipe for 4-6 people

Ingredients:

3 slices of white bread or 1 dl of white bread crumbs
2 dl of liquid – water, sour cream or cooking cream
1 chopped onion
500 grams of minced meat
1 egg
1 tablespoon of salt
Crushed black pepper
Oil for frying

PREPARATION AND COOKING

Put the slices of bread or breadcrumbs into the bowl, add liquid and leave it for 5 minutes. Chop the onion and fry gently if preferred. Add the minced meat, egg, breadcrumbs and all the seasoning.

With wet hands make cutlets and fry until cooked.



Cutlets served with traditional cottage cheese