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GF Friendly

Rissoles

Meat mince and potato fried patties

A relatively easy budget dish that can be prepared in advance, this rissole recipe is the traditional English, old-time one. It can be varied to suit dietary requirements and preferences using a different meat mince, or by substituting **pre-cooked** vegetables cut small. For extra flavour a teaspoon of stock powder could be added; spices or mixed herbs too; but I'd suggest trying the plain recipe first.

- 250g beef mince
- ½ small onion, grated
- 450g potatoes, boiled and mashed
- 1 Tbsp sweet pickle, chutney or table sauce
- Salt and pepper (optional)
- 1 egg, beaten
- ¾ cup dry breadcrumbs
- Olive oil (or other) for shallow frying



Cook the mince first, breaking up the lumps; then drain the fat – it's healthier that way. Mix in the mashed potato, grated onion, the pickle or sauce, and a good shake of salt and pepper if using.

Form this into a roll by hand on a floured board, ensuring there aren't any holes. Cut into 2.5cm (1 inch) slices, form these into balls and shape them into flattened cakes. Carefully dip each in the beaten egg, coat with breadcrumbs and replace on the floured board until ready to cook.

Pour a little oil in a frypan or wok, just enough to cover the bottom plus a bit. On a medium heat, fry the rissoles in batches to avoid steaming and so that there is sufficient room to turn without damaging them. Fry each side until golden brown; and once cooked, place on a tray lined with baking paper and consign to a warm oven.

Makes 6 rissoles, or more if you want them small

okay to freeze

Tip: to reheat after defrosting, lightly fry without oil in a pan lined with baking paper: see Handy Hints HH54 – Frying with Paper.

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