

# Dutch Bitterballen

Authentic Dutch Bitterballen recipe with crispy exterior and rich beef filling. Traditional bar snack perfect with mustard and beer. Step-by-step guide.

150	20	170	4	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Dutch Bitterballen

## Ingredients

- 1 cup flour
- 2 egg
- 1 cup breadcrumb
- 2 tbsp unsalted butter
- 1 cup beef
- 1 cup beef broth
- 1 onion
- 1 tbsp dijon mustard
- 1 tsp nutmeg
- 1 tsp salt
- 1 tsp black pepper

## Instructions

- 1 Make the roux base**

Melt 2 tablespoons butter in a medium saucepan over medium heat until foaming. Add 1 cup flour and whisk constantly for 2-3 minutes until the mixture forms a smooth paste and turns light golden brown.
- 2 Gradually whisk in 1 cup beef broth, adding it slowly to prevent lumps from forming. Continue cooking and whisking for 3-4 minutes until the mixture thickens to a very thick paste consistency.**
- 3 Add the filling ingredients**

Stir in 1 tablespoon mustard, 1 cup finely chopped cooked beef, 1 teaspoon salt, 1 teaspoon black pepper, and 1 teaspoon nutmeg. Cook for 5 minutes, stirring constantly, until the mixture is very thick and pulls away from the sides of the pan.
- 4 Chill the mixture**

Transfer the hot mixture to a bowl and press plastic wrap directly onto the surface to prevent a skin from forming. Refrigerate for at least 2 hours or until completely firm and cold throughout.
- 5 Shape the bitterballen**

Using wet hands to prevent sticking, scoop the chilled mixture and roll into walnut-sized balls, about 1 inch in diameter. Place the shaped balls on a parchment-lined plate.

- 6 Set up breading station**  
Place 1 cup flour in one shallow dish, beat 2 eggs in a second shallow dish, and spread 1 cup breadcrumbs in a third shallow dish. Arrange them in a line for easy assembly.
- 7 Bread the bitterballen**  
Roll each ball first in flour, shaking off excess, then dip in beaten eggs, and finally roll in breadcrumbs, pressing gently to help coating adhere. Place breaded balls on a clean plate.
- 8 Heat oil for frying**  
Heat oil in a deep heavy pot or deep fryer to 350°F (175°C). Use enough oil so balls can float freely, at least 3 inches deep.
- 9 Fry until golden**  
Carefully add 6-8 bitterballen to the hot oil, avoiding overcrowding. Fry for 3-4 minutes until deep golden brown and crispy all over, turning occasionally for even browning.
- 10 Drain and serve**  
Remove bitterballen with a slotted spoon and drain on paper towels for 1 minute. Serve immediately while hot with Dijon mustard for dipping.

## Tips

- Use high-quality beef for the filling; leftover roast beef or braised beef gives the best flavor and texture for authentic results.
- Ensure the roux is thick enough to set properly; it should be like a very thick béchamel sauce that coats the back of a spoon heavily.
- Don't rush the cooling process; the filling needs to be cold and firm to hold its shape when fried. Chill for at least 2 hours or overnight.
- Use a small ice cream scoop or spoon to ensure each bitterbal is uniform in size for even cooking and professional presentation.
- For an extra crispy exterior, double bread the bitterballen by dipping them in egg and breadcrumbs twice before frying.
- Maintain the oil temperature at exactly 350°F (175°C) using a thermometer to avoid the bitterballen absorbing too much oil and becoming greasy.
- Fry in small batches to prevent overcrowding, which can lower the oil temperature and result in uneven cooking.
- Serve immediately while hot and crispy for the best contrast between the crunchy exterior and creamy interior.