

# 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.

2h 30min

PREP

20 min

COOK

2h 50min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

## 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.