

Medister deig

Also known as medisterfarse

Pork Forcemeat

This is what Norwegian meat cakes are made from. In Norway medisterdeig is available in butcher shops and supermarkets. Hardly anybody make it at home. It is not difficult to make in a food processor, so fortunately we can enjoy authentic Norwegian meat cakes in this country as well.

1 pound ground pork

10 grams (1/2 tablespoon) salt

15 grams (1 1/4 tablespoons) potato starch

about 1/3 teaspoon pepper or to taste

1/4 teaspoon ginger or to taste

about 1 3/4 cups whole milk

Make sure the meat and milk are cold.

Add the pork, salt, potato starch and spices to the bowl of the food processor. Process until meat comes together in a ball. This takes about 30 seconds. Start adding the milk through the feed tube. Start with about 1 tablespoon and process until the milk is completely incorporated. Keep on adding milk in this way until about half has been added, then more milk can be added each time. Scrape down any meat sticking to the side of the bowl as necessary. When ready the pork mixture should be soft but should not spread out. Microwave a small amount of the pork mixture for about 15 seconds and taste to see if seasoning needs to be corrected.

Scrape pork mixture into a bowl. Heat a frying pan on medium high heat. Add a small amount of butter to the pan.

Wet your left hand, if right-handed, with cold water. Dip a soup spoon in cold water and fill it with medisterdeig. Put it into your wet hand. Use the spoon to help shape the meat cake in the hollow of your hand. Put into hot pan. make more meat cake in the same way. Fry meat cakes until well browned. Turn over and brown the other side. Some people like to simmer the meat cakes in stock until cooked through, about 5 minutes. I prefer to add them to a nice brown sauce flavored with red wine and dry mustard and simmer until done.

Meat cakes are traditionally served with surkål or creamed cabbage, and always with boiled potatoes on the side. And most Norwegians would serve lingonberry jam on the side.

Makes 12 o 14 meat cakes generously serving four hungry people.

