

# West Norwegian Potato Ball

## "Komle or raspeball" (gluten free)



Preparation Time	Cook Time	Servings	Oven Temperature
30	40-60	3-4	-
minutes	minutes	people	Fahrenheit

This I can honestly call the national dish of Norway. It's traditional in its own way all around the country. There are different ways of making it, but it's loved by most people in their region. It has many names. In this recipe I'll show you the version that is most common in west regions of Norway. In Stavanger and Bergen they would serve you this if you ask for potato ball.

### Ingredients:

- 4 lb. potatoes
- When peeled split them into 30/70 ratio  
30% will be boiled  
70% will be shredded
- 2 cups gluten free flour (broadly)
- 1 cup gluten free oats
- 2 tsp. salt
- 1 lb. Bacon
- 1 lb. smoked sausage (German/Scandinavian)

### Directions

- Peel all the potatoes
- Boil 30% of the potatoes to a moist texture
- Shred the other 70%
- Find the biggest pot in the kitchen and fill it half with water
- Put that on maximum heat, and bring to a full boil.
- Add 1 tsp. of salt to the water. ( I also prefer in my recipe to add 1/2 tsp. cayenne pepper to the water)
- Mash the boiled potatoes and the shredded together.
- Add flour and oats plus salt, and get your hands dirty mixing it roughly together.
- Make the potato ball, like you would make a snowball. A tip here is to get one hand wet (with water) before making the ball in your hand.
- Add the potato balls into your heavily boiling pot.
- Boil them for about 40 minutes. (then they could simmer on low heat in the pot, until your guest arrives and you are ready to serve)
- Chop sausage and bacon into dice size pieces.
- Fry them crispy at high heat.
- Shred fresh carrots and serve everything together on a plate.

### Info

Most adults in Norway eat 4-5 potato balls depending how much they like sausages and bacon versus Potato ball. Recipe should cover enough food for 3-4 adults. You could also exchange the gluten free flour and oats with normal ingredients.

Hope you enjoy it as much as I do!

