

# ChefNorway's Sørlandskompe

## "South Norwegian Potatoball"

Servings	Preparation Time	Mixer Time	Cooking Time	
4+ People	30 minutes	3 minutes	60 minutes	-

This is my inheritance, my soul, and passion. I'm born and raised in Kristiansand where I believe you find the best Sørlandskompe, or south Norwegian potatoball. This is cheap to make, filling, and you could make this in the morning and serve at dinner time. If you should be so lucky that you have leftovers, there is nothing better than a day old fried kompe. You will need a meat grinder for this recipe!



### Ingredients

European Measurements	US Measurements
2.5 kg potatoes	5.5 lb. potatoes
4 dl. white flour	2 cups white flour
1 dl. cup oats	½ cup oats
4 tsp. salt	4 tsp. salt
100g salted pork/bacon bites	3.5 oz. salted pork/bacon bites

### Directions

1. Start by peeling the potatoes, then grind them in a meat grinder.
2. When done grinding, squeeze the water out of the grinded potatoes. Use a cheese cloth and squeeze the water out into a separate bowl.
3. Dump the potatoes in a separate bowl.
4. Pour out the water, but make sure to keep the "potato flour" that is at the bottom of the bowl.
5. Add this back to the grinded potatoes.
6. Add in white flour and oats.
7. Mix this up by hand or in a mixer.
8. Add 2 tsp. salt and mix again.
9. Grab a good handful, make a ball and flatten it on a cutting board. \*A tip is to wet your hands before doing this.
10. Add salted pork to the middle and fold in the corners to cover up the meat. Roll to a tight ball.
11. You may use the cheese cloth again to make it super tight, but won't make much difference.
12. Fill a large casserole with water, and bring to a boil. Add 2 tsp. salt to the water, and add in potato balls one by one.
13. They will need to boil for about 60 minutes. After this you can reheat them for when you want to serve them.

You could find out more about this recipe and a video on how to make it at <http://www.chefnorway.com>.

There's lots of delicious recipes at the website with a video showing you how to make every recipe in English. (Click to view)

