

HOMEMADE GOETTA

INGREDIENTS

- 1 lb. ground beef
- 1 lb. ground pork
- 8 cups of water
- 2 1/2 cups of steel-cut oatmeal
- 1 to 4 bay leaves (optional)
- 3 teaspoons salt
- pinch of pepper
- pinch of red pepper flakes

DIRECTIONS

Regular Method

1. Put water into the pan. When boiling, add salt, pepper, and oatmeal.
2. Cook 2 hours, stirring often. Keep the lid on while cooking over low heat.
3. Add meat, onion, and bay leaves. Mix well.
4. Let cook for 1 hour, stirring often.
5. Pour into bread pans. When cool, place in the refrigerator. Will keep for days.
6. When ready to use, slice the loaf of goetta and put into a pan in which there is a little hot bacon fat. Fry until well-browned.

Slow Cooker Method

Use the same ingredients as the "regular method" recipe but use **ONLY 6 CUPS OF WATER**.

1. Put water, salt, and pepper into the cooker, cover, and heat on high for 20 minutes.
2. Stir in oatmeal, cover, and cook on high for 1 1/2 hours.
3. Add meat, onion, and bay leaves. Mix well. Cover and cook on low for 3 hours.
4. Uncover. If not thick enough, cook a little longer, stirring often.
5. Proceed as in direction #5 and #6 for "regular method".