



## **PUFFY MEAT PATTIES**

### **Ingredients**

3 egg yolks  
8 ounces ground beef  
1 teaspoon salt  
1/4 teaspoon baking powder  
1 teaspoon black pepper  
1 Tablespoon (more or less) minced parsley  
1 small onion grated or finely chopped  
3 egg whites, beaten until soft peaks form vegetable shortening or oil

### **Instructions**

Beat yolks until they are lemon-colored. Add the ground beef, salt, baking powder, pepper, parsley and onion. Mix thoroughly. Last, fold in the stiffly beaten egg whites and blend gently. In a 10-inch skillet heat about 1/8 inch of shortening until hot. Spoon heaping teaspoons of the meat mixture into medium heat skillet. Let cook about 2 minutes on each side-- do not turn meat until browned on first side (cook to 165°F internal temperature). Serve as soon as done with potatoes, vegetables, or as desired. Serves 4 to 6.