

Sunvil Supper Club

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May 2014 - Swedish Meatballs



Ingredients

- 2 slices fresh bread
- 1/4 cup milk
- 3 tbs butter
- 1/2 cup onion, finely chopped
- 1 tsp plus 1 pinch kosher salt
- 3/4 lb ground beef
- 3/4 lb ground pork
- 2 large egg yolks
- 1/2 tsp black pepper
- 2 cloves garlic, minced
- 1/4 tsp ground allspice
- 1/4 tsp ground nutmeg
- 1/4 cup flour
- 3 cups beef broth
- 1/4 cup heavy cream

Method:

Preheat the oven to 200 degrees.

Tear the bread into pieces and place in a large mixing bowl or the bowl of your stand mixer along with the 1/4 cup of milk.

In a large skillet over medium heat, melt 1 tbs of butter. Add the onions and a pinch of salt and cook the onions until they are soft and translucent. Remove and set aside.

Add the ground beef, ground pork, egg yolks, 1 tsp kosher salt, black pepper, garlic, allspice, nutmeg and onions to the bread and milk mixture. Beat using a stand mixer or by hand for 1-2 minutes.

Divide the meat into about 30 portions and roll out some meatballs.

Heat the remaining butter in a large saute pan over medium/low heat. Cook the meatballs a few at a time until golden brown. Roughly 8-10 minutes.

Remove the meatballs to a oven safe pan and place in the warm oven.

Once the meatballs are all cooked, reduce the heat to low and add the 1/4 cup of flour. Whisk and continue to cook for a couple minutes, or until the mixture turns to a light brown.

Slowly add the beef stock. Whisk to incorporate until the sauce thickens. Add the cream and cook until the gravy reaches the desired consistency.

Remove the meatballs from the oven and place into the gravy pan

You can serve them right away, or cover them and let them simmer on low until you are ready to eat.

When Charles XII of Sweden was in exile in Istanbul in the early 18th century, it is claimed that he took the recipe back to Sweden. Köttbullar as they are known are not only popular in Sweden but throughout the world, each destination differing. Traditionally served with Lingonberry jelly, you can substitute cranberry, red currant or raspberry jelly. Perfect with mashed potato!

Find out more about holidays to Sweden - www.sunvil.co.uk/discovery/sweden