

Swedish Meatballs

(serves 4 – 6)

Ingredients

3 – 4 slices fresh white bread, crusts removed, cut into 1/2-inch pieces (about 1 3/4 unpacked cups) soaked in 1/2 cup (120ml) milk
1/2 medium onion minced and sauteed in 2 Tbsp butter.
1/2 medium raw onion minced or grated
20 oz (560g) ground beef
12 oz (340g) ground pork
4 tsp (18g) salt, plus more to taste
2 large eggs
Ground pepper to taste
1/8 tap ground allspice
Butter, for browning

Gravy

3 Tbsp butter
3 Tbsp (45g) flour
2 cups (480ml) chicken broth
1 tsp (5ml) soy sauce
1/2 tsp apple cider vinegar

Minced flat-leaf parsley, to garnish

Directions

1. Preheat the oven to 350°F (177°C).
2. Pour milk over bread cubes, tossing to coat. Let stand until bread is completely softened and most of the milk has been absorbed, about 10 minutes.
3. Melt 2 Tbsp (30g) butter in a cast iron skillet over medium-high heat. Add half of minced onion and cook, stirring, until onion is golden and tender, about 7 minutes.
4. Combine ground beef and pork, soaked bread, remaining milk, cooked onion, raw onion, 4 tsp salt, eggs, white pepper, and allspice. Mix until thoroughly combined.
5. Roll tablespoon-sized portions of meat mixture into balls slightly smaller than a golf-ball.
6. Working in batches, brown meatballs in cast iron skillet with butter. Transfer all to a roasting pan with a rack. Bake them for 15 to 20 minutes.
7. In a medium saucepan, make a roux melting 3 tablespoons (45g) butter over medium-high heat until foamy and whisking in flour. Cook about 3 minutes.
8. Whisk in chicken stock; bring to a boil; lower heat to a simmer; and cook until thickened, about 3 minutes. Whisk in soy sauce and cider vinegar. Season to taste.
9. Add meatballs to gravy and stir to coat. Simmer until meatballs are heated through.

Lingonberry sauce

Combine 1 cup of Lingonberries with 1/4 cup of granulated. Stir occasionally until all the sugar is dissolved. Frozen Lingonberries will take a couple of hours. Chill in the fridge once prepared.