



Swedish Meatballs

Ingredients:

Yield: about 30 meatballs, serves 4 to 5 people

- 2 slices fresh white bread, broken up into small pieces
- 1/4 cup milk
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon ground allspice
- 1/2 teaspoon freshly grated nutmeg
- 2 tablespoons butter
- 3/4 cup very finely minced onion
- 3/4 pound ground beef
- 3/4 pound ground pork
- 2 large egg yolks
- 1/3 cup Wondra Flour or all-purpose flour, plus another 1/4 cup for sauce
- 3 tablespoons vegetable oil
- 3 cups unsalted beef stock
- 1/2 cup heavy cream

Directions

1. In a large bowl, add bread pieces, salt, pepper, allspice and nutmeg and stir to combine. Add the milk and stir and with your fingers break up any remaining larger pieces.

2. Melt the butter in a 12 inch or larger frying or sauté pan over medium heat. Add the onions and cook until the onions are soft. Remove from the heat and cool slightly, add to the bread mixture and stir. Add the ground beef, pork and egg yolks, combine well.

3. When you are ready to cook, place meat mixture on a tray or sheet pan on one side and the flour on the other side. Form meatballs about 2 inches in diameter.

3. Heat the oil in the sauté pan over medium-high heat. Roll about 12 meatballs in the flour and cook until golden brown on all sides, about 7 to 10 minutes, turning carefully as they brown. Only flour one batch at a time or they will become soggy. In between each batch, turn off heat, drain off fat and add about 1 cup of stock to the pan, scraping the brown bits. Save for the sauce. Repeat until all meatballs are cooked. Remove to a baking dish.

4. If using all-purpose flour, cook it in the pan for about 2-3 minutes. With Wondra, you will not need to cook it. Slowly add stock, whisking to incorporate. Cook on medium, simmering until thickened, about 5-7 minutes. Add cream and cook again until the sauce coats the back of a spoon. Pour over meatballs and heat in a 350° oven. Serve with lightly buttered boiled new potatoes with fresh dill and lingonberry jam.