

Swedish Meatballs

Serves 4 *Prep Time 20 mins Cook Time 30 mins*

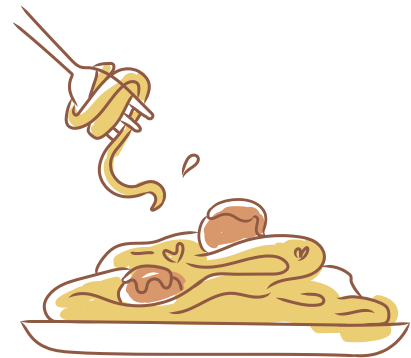
Ingredients

For the meatballs

- 2 slices of bread, crusts removed, chopped into small pieces
- 1 onion, grated
- 400g beef mince
- 1 egg
- 1/4 tsp ground nutmeg
- 1/4 tsp All Spice powder
- 1/4 tsp black pepper
- 1tbsp oil

For the sauce

- 3 tbsp butter
- 470 ml beef stock
- 3 tbsp flour
- 120ml Greek yogurt (cream/ sour cream can also be used)



Method

1. Put the grated onion and bread into bowl, mix well - onion juice should make bread soggy (if not, add a tiny splash of milk). Set aside to soak for 1 minute.
2. Add remaining Meatball ingredients EXCEPT oil. Mix well.
3. Shape the meatballs into small golf ball size, this mixture should make 20-25 meatballs.
4. In a frying pan, heat 1 Tbsp oil. fry the meatballs in batches until golden brown on all sides. It should take 3-4 minutes each side. Once cooked, remove from the pan and set aside.
5. Pour off any excess oil from the pan & lower the heat. Add the butter and allow it to melt. Stir in the flour and cook for 1 minute.
6. While mixing, add about 1/4 of the beef broth - it will thicken quickly. Then gradually add remaining beef broth, stirring as you go. Switch to whisk if required to make it lump free.
7. When the liquid is simmering, add meatball and juices pooled on plate.
8. Turn up heat slightly to keep it at a rapid simmer. Cook for 8 - 10 minutes or until the liquid thickens into a thin gravy, stirring occasionally.
9. Add yogurt, simmer for a further 2 minutes then remove from the heat.
10. Serve over mashed potato (or try Cauliflower Mash) For a truly authentic Swedish experience, add a dollop of lignonberry jam on the side!