



Swedish Meatballs

Ingredients:

2 slices fresh white bread-no crust (or 2 cups rice chex for gluten free)
1/4 cup milk
3 T melted butter, divided
1/2 cup finely chopped or grated onion
1 1/4 tsp salt
3/4 lb ground beef
3/4 lb ground pork
2 large egg yolks
1/2 tsp black pepper
1/4 tsp allspice
1/4 tsp nutmeg
1/4 cup flour (or cornstarch for gluten free)
3 cups beef broth
1/4 cup heavy cream or sour cream

Preparation:

Preheat oven to 200 or turn crockpot on low. Put rice chex or torn up bread in bowl with milk. Set aside. Melt 1 T butter in a 12" straight side sauté pan over med heat, then sweat onions with a pinch of salt until soft. Remove from heat and set aside.

Beat together bread/milk, the meats, egg yolks, salt, pepper, allspice, nutmeg and onions for 1-2 minutes. Shape meatballs into 1oz portions and put them in a sheet pan. Heat the remaining butter in the sauté pan over med-low (250). Brown meatballs on all sides, then transfer to warm oven or crockpot.

Reduce heat to low and add cornstarch or flour. Whisk until lightly browned, approx. 1-2 minutes. Gradually add beef stock and whisk until it begins to thicken. Add the cream and continue to cook until it reaches the desired consistency. Pour over meatballs. Serve with noodles or mashed potatoes.