

Classic Swedish Meat Balls

With cream sauce, onion potato mash, cranberries, cucumber salad

Ingredients

1.5kg half lean pork and half lean beef, double minced

½ toast bread

0.5 trl milk

400 gr finely diced onions

4 large eggs

chopped parsley

pepper & salt

brown mushrooms, sliced

100g flour

100g tomato paste

2 litre demi-glace

Pork bacon fat from breakfast

100 ml cream

Method

1. Mix the minced beef and pork well in a bowl.
2. Soak the toast bread in the milk and sauté the half of the onions until soft
3. Squeeze the milk out of the soaked toast bread and finely chop the bread,
4. Add the chopped bread, eggs, parsley and sautéed onions into the minced meat, seasoning with pepper & salt and combine well, allow to rest
5. By using wet hands form little round dumpling patties of 100 gr
6. Heat up the pork fat and butter in a heavy bottom pan, and fry the patties golden brown from both sides.
7. Take out and set aside,
8. Sauté the second half of the onions & mushrooms in the same pan until soft,
9. Add tomato paste and later the flour and roast all for few minutes,
10. Add the Demi-glace and let your sauce simmer for few minutes to allow the flour taste to disappear, add the cream and chopped parsley, later the grilled meat patties, seasoning to taste if needed,
11. Serve with buttered parsley mashed potato, sautéed onion, cranberry sauce and cucumber salad on the side.