

MAIN COURSES

Norwegian Meatballs (6X)



INGREDIENTS

12 lb - ground chuck
3 lb - ground pork
9 tsp - kosher salt
1 tsp - pepper
1 ½ tsp - nutmeg
1 ½ tsp - ginger
6 tsp - dehydrated onion
¾ C - flour
12 eggs
2 qt - half and half
9 qt - beef stock

MAKES

60 servings - 600 meatballs

DIRECTIONS (6X)

Grind meat together 5 times.

Combine seasonings with flour (hydrate onions in ¼ C water). Using hands, mix into meat. Mix in one egg at a time. Gradually add half and half, until spongy and light. Shape into balls with a small dipper chilled in ice water!

Drop into simmering beef stock, cook about 5 mins. In fry pan, brown in butter and a little oil. Put cooked balls in roaster pan, cover with beef broth, and freeze.

Thaw meatballs in broth at least two days before use.

Warm meatballs at 325° until all ice crystals gone. Drain broth from meatballs and make gravy. Add thickened broth to meatballs and warm at 225° until ready to serve.

Gravy: Mix 1 C cold water with 1 C flour in blender. Add flour mixture slowly to 7 C boiling broth (drained from meatballs) along with 2 tsp kosher salt and some pepper. Cook until thickened and add back to meatballs.

MAIN COURSES

Norweigan Meatballs (GF)



INGREDIENTS

8 lb - ground chuck
2 lb - ground pork
6 tsp - kosher salt
4 dashes - pepper
1 tsp - nutmeg
1 tsp - ginger
4 tsp - dehydrated onion
8 T - almond flour
8 eggs
1 qt - half and half
6 qt - beef stock

MAKES

40 servings - 400 meatballs

DIRECTIONS (GF)

Grind meat together 5 times.

Combine seasonings with flour (hydrate onions in $\frac{1}{4}$ C water). Using hands, mix into meat. Mix in one egg at a time. Gradually add half and half, until spongy and light. Shape into balls with a small dipper chilled in ice water!

Drop into simmering beef stock, cook about 5 mins. In fry pan, brown in butter and a little oil. Put cooked balls in roaster pan, cover with beef broth, and freeze.

Same thawing and warming directions.

Gravy: Mix 1 C cold water with $\frac{2}{3}$ C tapioca flour in blender. Add flour mixture slowly to 7 C boiling broth (drained from meatballs) along with 2 tsp kosher salt and some pepper. A little more tapioca flour may be needed. Cook until thickened and add back to meatballs.

*This adapted recipe replaces traditional flour with almond flour (1:1) in balls and tapioca flour (3:2) in gravy.