






Sweedish Meatballs

-  1.5 hours
-  5-6 portions
-  Source: My dad who cannot spell the word 'Swedish' (but he sure can cook)

Preparation

1 Make the meatballs first by adding oatmeal, milk, eggs, and garlic salt in a bowl and mashing with your hands until thoroughly mixed. The extra ingredients are to soften the meatballs. Form into small balls. Begin frying the meatballs with the onions and garlic in some vegetable oil, ensuring that they don't get stuck together while raw, possibly using multiple pans.

2 Sift flour. Melt butter on low heat and mix in sifted flour thoroughly. Then add in the chicken broth. Turn heat to medium, then slowly add in the half & half and milk and stir, making sure that the mixture is always bubbling.

3 When the meatballs and onions are browned, add them along with their grease into the brown sauce. The meatballs can be slightly rare on the inside as they will cook in the brown sauce. Turn heat to medium-high to reduce, stirring every so often. Add finely chopped parsley in along with all of the other spices to taste.

4 Begin microwaving red potatoes for 5-10 minutes, and boil the green peas until tender.

5 When sauce has a thick consistency, turn off heat and serve immediately with the potatoes, peas, and gratuitous amounts of lingonberry jam (preferably Sylt Lingon from IKEA). Garnish with a sprig of parsley.

6 Recipe best served fresh; if reheating leftovers, add half & half to get desired consistency.

Ingredients

Meatballs:

- 1 1/2 lbs 80% ground beef
- 1/2 cup milk
- 2 eggs
- 3/4 cup quick oatmeal
- lots garlic salt
- lots seasoned salt
- medium paprika
- medium garlic powder
- 1 1/2 large onions, diced
- 8 garlic cloves

Brown sauce:

- 8 tbsp butter
- 8 tbsp all-purpose flour
- 5 cups half & half
- 1 cup 2% milk
- 2 cups chicken broth

Spices:

- lots nutmeg
- lots fresh parsley, chopped
- medium red salt
- medium paprika
- small allspice
- small cloves

Suggested sides:

- 10 red potatoes
- 1 jar lingonberry jam
- 1 lb frozen green peas