



Sweedish Meatballs



1.5 hours



3-4 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 cooking the meatballs with the onions, 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 white sauce. The meatballs can be slightly rare on the inside as they will cook in the white 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 and half to get desired consistency.

Ingredients

Meatballs:

1 1/2 lbs 85% ground beef
1/2 cup milk
2 eggs
3/4 cup quick oatmeal
lots garlic salt
lots red salt
medium paprika
medium garlic powder
1 1/2 large onions, diced
8 Garlic cloves

White Sauce:

4 tbsp butter
4 tbsp all-purpose flour
2 1/2 cups half & half
0 1/2 cups 2% milk
1 cups chicken broth

Spices:

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

Suggested sides:

6 red potatoes
1 jar lingonberry jam
1 lb frozen green peas