

Title:

Great Swedish cooking and Farmors kottbullar!

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Summary:

Sweden is a great region, and Swedish food is a great ethnic food. At its best, Swedish food is excellent, largely meat-, fish- and potato-based, but varied and generally tasty and filling. Meatballs or kottbullar are no exception ...

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Article Body:

Sweden is a great region, and Swedish food is a great ethnic food. At its best, Swedish food is excellent, largely meat-, fish- and potato-based, but varied and generally tasty and filling.

Typically classical Swedish cooking includes lots of seafood, herring in particular; open faced sandwiches; and Swedish meatballs, a smörgåsbord favorite: Swedish meatballs (köttbullar).

If you equate Swedish food with smorgasbord, meatballs and dill, think again! Although these are great delights, you'll enjoy a wide range of tasty, fresh-cooked food in Sweden. However, for those who prefer the authentic taste of Sweden, here's my favourite recipe:-

Farmors Köttbullar

1lb of minced beef
onion - finely chopped
1 cup of soft breadcrumbs or oats
1 egg
Milk (about 1/2 decilitre)

Soak oats or breadcrumbs in milk for 1/2 hour
Add mince and mix until smooth and well blended together
Add onion - mix well
Finally add egg and salt and pepper

Roll into little balls and fry in margarine for about 10 minutes

Served kottbullar with freshly mashed potato (potatismos) and a salad. Enjoy!

Many thanks to Ulla who shared this genuine Swedish recipe with our family.

For further tips and ideas for cooking great and traditional food from around the world, visit [Swedish Meatball Recipes](http://www.worldwide-recipes.com/swedish-recipes.html)

This article was submitted by Jen Carter, owner of the [World Recipes](http://www.worldwide-recipes.com) website.