

Swedish Meatballs



A standard treat on Swedish smorgasbords, usually served with a variety of sauces.

Makes 8 servings

2 pounds lean ground meat ~ beef,
pork and/or veal

3 eggs

1c beef broth

1/2c bread crumbs ~ can use 1c
mashed potatoes

salt and pepper

1 onion, finely minced

1/4t dry mustard

1/8t nutmeg, freshly grated

SAUCE:

2T butter

2T all~purpose flour

1 ~ 1 1/2c beef broth

3T dry red wine

Combine all meatball ingredients in large bowl and mix well. Shape into small meatballs and place on ungreased rimmed baking sheet.

Preheat oven to 450. Bake 10~15 minutes or until cooked through.

To make sauce: thoroughly mix together butter and flour in a small bowl. Heat beef broth in heavy bottom skillet. Drop teaspoonfuls of butter~flour mixture into hot beef broth and whisk until all butter has melted. Continue to cook for 2~3 additional minutes, whisking, until sauce is thickened. Add red wine and mix well. Place meatballs in sauce and allow to sit in sauce for 15~20 minutes.

Prepare Ahead Tip

Meatballs can be refrigerated, covered, for 48 hours or can be frozen in zip~lock bags for up to 2 months.