

Swedish Meat

Ingredients for Meatballs

- 1 lb. Ground Beef (93%-7%, is what I use for all my recipes. It might be a little more expensive but you only lose the bare minimum weight due to the low fat content.)
- 1 lb. Ground pork or Italian Sausage. If using ground pork, don't forget to season it with Italian seasoning and Fennel.
- ½ tsp Ground Nutmeg
- ½ tsp Allspice
- 3 Garlic Cloves, minced
- ½ tbsp Rosemary, (if fresh) minced
- ½ tbsp Thyme, (if fresh) minced
- 1 cup Panko Breadcrumbs
- 2 Egg
- Salt & Pepper to taste

Ingredients for Sauce

- ½ cup Butter
- ½ Flour
- 4 cups Beef Broth or Stock
- 1 cup Heavy Whipping Cream
- 1/2 cup Sour Cream
- ¼ tsp Ground Nutmeg
- ¼ tsp Thyme
- 1 tbsp Lemon Juice
- ½ Ground Pepper
- ¼ Salt

Directions for Meatballs

In a large bowl, combine ground beef and sausage, and combine well with hands, be sure to wash hands well and/or wear gloves.

Add eggs, breadcrumbs, and all the spices to meat mixture and using hands to combine well.

Once all of your meat mixture is combined well, form roughly 1.5" balls, making sure to keep all of the balls the same size so they all cook evenly, and you don't have any raw centers.

In a large cast iron skillet on med heat brown all your meatballs searing them on all sides. Be sure to not over crowd you pan, brown meat balls in batches.

Once all the meatballs are browned and seared, remove from pan and set aside.

Directions for Sauce

In the same cast iron pan used to cook meatballs, add butter and melt on medium heat.

Whisk in flour and mix well.

Slowly add broth/stock to pan, constantly whisking to ensure all liquids are incorporated well together.

Add all spices and herbs to the pan and bring to a simmer.

Add heavy cream to the pan slowly continuously stirring.

Once the sauce is brought back to a simmer, at 1 to 2 tablespoons of sauce to Sour Cream to temper it, this will keep it from curdling when adding to the sauce.

Once sour cream is tempered, add to sauce and whisk till all is incorporated.

Add meatballs and all their juices back to pan with sauce and stir well.

Bring sauce and meatballs back to a simmer and cover.

Let simmer for about another 15-20 minutes, cooking meatballs completely.

Serve over egg noodles, cooking noodles according to their packaging.

I usually serve my Swedish Meatballs with some French or Italian bread cause my family likes to soak up any extra sauce and every plate is wiped clean.