



Swedish Meatballs with mash, cream gravy and lingonberry jam

SWEDEN

There are as many different recipes for Swedish meatballs as there are Swedish Mamas. When it comes to meatballs, it gets personal. This is a basic recipe on which to build your own.

Over the past twenty or so years, most families only bother making meatballs from scratch for special occasions and tend to stick with the bought version for everyday events. This is a shame because home-made meatballs taste rather different.

Most would say that a dish of meatballs, mashed potato with cream gravy and lingonberry jam is about as Swedish as things get. It's up there with ABBA, Volvos and Wallander. Serves 4-6

For the meatballs:

700 grams lean minced beef AND 500 grams minced pork (min 10% fat)

1 onion, grated

60 gram porridge oats

2 eggs

350 ml stock (chicken stock works well)

2 ½ tbsp plain flour or corn flour

Spices: 1 tbsp salt, 1 tsp ground allspice, ½ tsp ground black pepper, 2 tsp ground white pepper

For the cream gravy

A knob of butter (approx. 10g), a heaped tablespoon of plain flour (10 g), water from the potatoes, 50 ml of cream.

Lingonberry jam (we recommend Lingonsylt from either Tillmans or Felix, both available at Scandi Kitchen).

1. Soak the porridge oats in water for fifteen minutes. Whisk the eggs together and mix with the oats. Add onion and spices and mix well.
2. Mix the meats together in a mixer to ensure thoroughly mixed. Add the egg mix and flour. You should be left with a mouldable, but sticky, mixture.
3. Roll the individual meatballs in your hands and leave ready to fry. It helps if your hands are damp. Each meatballs should be around 2 cm in diameter – or larger if you cannot be bothered making 80 meatballs.
4. Melt a knob of butter in a frying pan and once hot, carefully add meatballs. Shake the pan gently to ensure they don't stick and keep them moving as they fry – thus ensuring their "roundness". You will most likely need to do two batches. Fry until done – for around 5 minutes. Keep in a warm oven until needed.
5. Add a knob of butter to the meatball pan over medium heat. Add flour to form a roux and whisk. Add the water from the potatoes bit by bit and let it boil to thicken. Once at desired quantity and thickness, add the cream. Season with salt and pepper.
6. Serve meatballs with mashed potatoes, seasonal vegetables and the gravy, with lingonberry jam on the side.

Notes:

This is a base recipe for meatballs. Add stuff to make them "yours", to taste. You can add chopped sprats (ABBAS Anchovies), you can use water instead of stock, you can replace the oats with potatoes or even breadcrumbs. No two homemade recipes taste the same and nor should they. Once you find "yours", you'll know.

If you are scared of making cream gravy, we recommend Blaa Band's version to buy. It's very nice and takes only a minute to make.