

SWEDISH MEATBALLS

INGREDIENTS

2 slices fresh white bread
1/4 cup milk
3 tablespoons vegetable oil
1/2 cup finely chopped onion
A pinch plus 1 teaspoon kosher salt
3/4 pound ground chuck
3/4 pound ground pork
2 large egg yolks
1/2 teaspoon black pepper
1/4 teaspoon ground allspice
1/4 teaspoon freshly grated nutmeg
1/4 cup all-purpose flour
3 cups beef broth
3 tablespoons tomato paste
1/4 cup heavy cream

DIRECTIONS

Preheat oven to 200F.

Tear the bread into pieces and place in a small mixing bowl along with the milk. Set aside.

In a medium sauté pan over medium heat, heat a tablespoon of the vegetable oil. Add the onion and a pinch of salt and sweat until the onions are soft. Remove from the heat and set aside.

In the bowl of a stand mixer, combine the bread and milk mixture, ground chuck, pork, egg yolks, 1 teaspoon of kosher salt, black pepper, allspice, nutmeg, and onions. Beat on medium speed for 1 to 2 minutes.

Using a scale, weigh meatballs into 1-ounce portions and place on a sheet pan (this is more or less a tablespoon of mixture). Using your hands, shape the meatballs into rounds.

Heat the remaining oil in the sauté pan over medium-low heat. Add the meatballs and sauté until golden brown on all sides, about 7 to 10 minutes. Remove the meatballs to an ovenproof dish using a slotted spoon and place in the warmed oven. You may have to do this in batches

Once all of the meatballs are cooked, decrease the heat to low and add the flour to the pan or skillet. Whisk until lightly browned, approximately 1 to 2 minutes. Gradually add the beef stock and whisk until sauce begins to thicken. Add the tomato paste and cream and continue to cook until the gravy reaches the desired consistency. Remove the meatballs from the oven, cover with the gravy and serve.