Almost-Famous Swedish Meatballs

Food Network's rendition of Ikea's Swedish meatballs

Internet Address: http://www.foodnetwork.com/recipes/food-network-kitchens/almost-famous-swedish-meatballs-recipe/index.html



1 cup bread crumbs

2 tablespoons unsalted butter

1/3 cup white onion, minced

2 cloves garlic, minced

1/2 teaspoon ground allspice

Kosher salt and freshly ground white pepper, dash of cinnamon and nutmeg

1/2 cup milk

1 teaspoon Worcestershire sauce

3/4 pound lean ground beef

1/2 pound ground pork, lean

1 large egg, plus 1 egg white, beaten

Vegetable oil, for brushing

GRAVY:

5 tablespoons unsalted butter

4 tablespoons all-purpose flour

3 cups low sodium beef broth

2 teaspoons Worcestershire sauce

1/2 cup heavy cream

Kosher salt and freshly ground black pepper

4 tablespoons fresh parsley, chopped

Lingonberry jam, for serving (optional)

Beef, Pork

Carolyn T's Blog - Tasting Spoons
http://tastingspoons.com

Servings: 6

1. Make the meatballs: Put the breadcrumbs in a large bowl. Heat the butter in a skillet over medium heat. Add the onion, garlic, allspice, 2 teaspoons salt and 1/4 teaspoon white pepper and cook, stirring, until soft, about 5 minutes. Add the milk and Worcestershire sauce and bring to a simmer. Pour the milk mixture over the breadcrumbs and stir to make a thick paste; let cool. Add the beef, pork, egg and egg white to the bowl and mix until combined.
2. Brush a baking sheet with vegetable oil. Roll the meat into 1-inch balls and arrange on the prepared baking sheet. Cover with plastic wrap and refrigerate at least 1 hour.
3. Preheat the oven to 400 degrees F. Bake the meatballs until cooked through, about 20 minutes.
4. Make the gravy: Melt the butter in a large skillet over medium heat. Add the flour and cook, whisking, until smooth. Whisk in the beef broth and Worcestershire sauce and bring to a simmer. Add the cream and meatballs. Reduce the heat to medium low and simmer until the gravy thickens, about 10 minutes. Season with salt and black pepper. Transfer to a serving dish; sprinkle with the parsley and serve with lingonberry jam, if desired. (Serve with mashed potatoes or over egg noodles.)

Yield: 45 meatballs

Per Serving (excluding unknown items): 584 Calories; 43g Fat (66.6% calories from fat); 27g Protein; 21g Carbohydrate; 1g Dietary Fiber; 171mg Cholesterol; 293mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 7 Fat; 0 Other Carbohydrates.