

Swedish meatballs

INGREDIENTS – MEATBALLS

1 lb ground pork
1 lb ground lamb
1 onion finely minced
1 clove garlic crushed or minced
1 cup bread crumbs
1 egg
5 tablespoons milk
salt and pepper
2 tablespoons oil

INGREDIENTS – CREAM SAUCE

3 tablespoons butter
1/3 cup flour
1 ¼ cups bouillon
¾ cups cream or half and half
2 teaspoons soy sauce
1 teaspoon Dijon mustard

DIRECTIONS -- MEATBALLS

Mix lamb and pork. Add minced onion, garlic, breadcrumbs, egg and mix until homogenous. Add milk and season well with salt and pepper. Shape meat mixture into small, round balls. Heat oil over medium heat. When oil is hot, add meatballs and brown on all sides. After browning, place meatballs in an oven proof dish and bake for 30 minutes at 350 degrees.

DIRECTIONS – CREAM SAUCE

Melt butter in a sauce pan. Whisk in the flour. While continuing to stir, add bouillon, cream, soy sauce, and Dijon mustard. Bring mixture to a simmer and allow sauce to thicken.

Best served with Lingonberries.