



SWEDISH

Swedish Meatballs (Köttbullar)

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	4	30 min	30 min	Pan-fry	Ground beef

Ingredients

MEATBALLS

- 500 g (1 lb) ground beef, 80/20
- 250 g (½ lb) ground pork (or more beef)
- 60 g (1 cup) fresh breadcrumbs
- 120 ml (½ cup) whole milk
- 1 small onion, grated
- 1 egg
- 1 tsp salt
- ½ tsp ground allspice
- ¼ tsp white pepper
- 2 tbsp butter and 1 tbsp oil, for frying

CREAM SAUCE

- 3 tbsp butter
- 3 tbsp all-purpose flour
- 500 ml (2 cups) beef stock
- 120 ml (½ cup) heavy cream
- 1 tsp soy sauce
- 1 tsp Dijon mustard
- Salt and pepper
- Lingonberry jam, boiled potatoes and pickled cucumber, to serve

Steps

1. Soak the breadcrumbs in the milk for 5 minutes until soft and pasty.
2. Add the beef, pork, onion, egg, salt, allspice and pepper. Mix gently with your hand for about 1 minute until just combined; overmixing makes tough meatballs.
3. Chill for 15 minutes, then roll wet hands into about 28 balls the size of a walnut.
4. Pan-fry in batches in 1 tbsp butter and the oil over medium heat for 8 minutes, turning often, until evenly browned and 71°C (160°F) inside. Move to a plate and wipe the pan.
5. For the sauce, melt the butter in the same pan over medium heat. Whisk in the flour and cook for 1 minute until bubbling and pale gold.
6. Slowly whisk in the stock to avoid lumps. Simmer for 5 minutes until thickened, then stir in the cream, soy sauce and mustard.
7. Return the meatballs and simmer on low for 5 minutes. Season to taste with salt and pepper.
8. Serve with potatoes, a spoonful of lingonberry jam and pickles.

Notes

- **Make ahead:** the shaped balls freeze well; fry from frozen, adding 3 minutes.
- **No lingonberries?** Cranberry sauce is a good stand-in.
- **Serving:** the sauce should be silky; add a splash of stock if it tightens.
- **Air fryer:** instead of pan-frying, cook the balls at 200°C (400°F) for 8 to 10 minutes, shaking halfway, until 71°C (160°F), then simmer in the sauce.