

Swedish Meatballs

In a large bowl combine:

3# ground beef

1 ½ # ground pork

6 eggs

In a saucepan sauté in ¼ cup butter (1/2 stick)

1 cup onion chopped

1 cup celery chopped

Until soft and then blend in food processor or blender until smooth and add to meat mixture along with the following:

5 cups finely ground bread crumbs

1 cup ½ & ½ cream

1 cup heavy cream

4 teaspoons coarse salt

2 teaspoons white pepper

1 ½ teaspoon ground ginger

1 teaspoon ground allspice

1 teaspoon ground nutmeg

1 teaspoon dry mustard

Combine all by hand or with a kitchen aide type mixer. Shape into small meatballs and bake on a sheet pan in the oven at 350 degrees for about 1 hour or until internal temperature reaches 180 degrees. At this point meatballs may be drained from juices, cooled and put in bags and frozen for later use.

Gravy for meatballs.

Reserve meatball cooking juices and add them to large saucepan along with 1 stick (1/2 cup) butter and 1/2 to 3/4 cup flour. Make a roux of low to medium heat. Add 1/2 cup sour cream and stir together and then add water or chicken broth (about 3 to 4 cups) to finish your gravy. You do not want your gravy to be too thick. Taste for needed salt and white pepper. When you are satisfied with your gravy add the meatballs and simmer until ready to serve. Sprinkle a garnish of finely chopped parsley on top.