



UNIT 11 / Sweden

Swedish Meatballs

Ingredients (4 servings)

Meatballs

- 3 tablespoons butter
- 1 onion, finely chopped
- 1 egg
- 1 decilitre breadcrumbs
- 2 tablespoons concentrated veal stock
- 500 grams minced meat (15-20% fat)
- 1 decilitre breadcrumbs
- 1 tablespoon oil
- 1 teaspoon dijon mustard
- 1 pinch fine grain salt
- 1 pinch ground black pepper
- 2 pinches allspice

Mashed potatoes

- 800 grams mealy potatoes
- 50 grams butter
- 2 decilitres milk
- 1,5 teaspoons salt
- 1 pinch black ground pepper

Pickled cucumber

- 0,5 cucumber, thinly sliced
- 1,5 decilitres water
- 0,5 decilitres vinegar essence
- 0,5 decilitres granulated sugar

Stirred lingonberries

- 250 grams frozen lingonberries
- 1-1,5 decilitres granulated sugar

Cream sauce

- 2 decilitres water
- 2 tablespoons concentrated veal stock
- 2 decilitres cream
- 1 teaspoon soy sauce
- 2 tablespoons wheat flour
- 1 pinch salt
- 1 pinch ground black pepper

Directions

Pickled cucumber

- Pour water, vinegar essence and sugar in a pot and let it come to a boil. Let it cool off.
- Put the cucumber in a bowl, pour the brine over the cucumber and let sit for an hour.

Meatballs

- Fry the onion until soft with 1 tablespoon butter
- Stir together breadcrumbs, milk, egg, veal stock and mustard in a bowl and let sit for 5 minutes.
- Add minced meat, fried onions, salt, pepper and allspice to the bowl and mix until smooth.
- Roll the meatballs into bite-sized balls and fry in oil and the remaining butter for 6-7 minutes, shaking the frying pan to let them get cooked all around.

Mashed potatoes

- Peel the potatoes and let them boil in a big pot with salted water until soft.
- Pour the water off and add milk and butter to the pot.
- Mix the potatoes, milk and butter with an electric beater until soft and creamy.
- Add salt and pepper to taste

Stirred lingonberries

- With a spoon, gently stir the frozen lingonberries with the sugar and let them thaw.

Cream sauce

- Stir the flour with a little bit of the water in a pot.
- Add the remaining ingredients and bring to a boil, stirring regularly.
- Simmer for a few minutes





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