

IKEA Swedish Meatballs

From Top Secret Recipes Step-by-Step by Todd Wilbur

Ingredients

MEATBALLS

1/3 cup chopped onion
1 large egg
1 egg white
1/3 cup beef broth
2 tablespoons water
1/2 pound ground beef (20% fat)
1/2 pound ground pork
1/2 cup plain bread crumbs
1 teaspoon salt
1/2 teaspoon white pepper
1/4 teaspoon allspice

CREAM SAUCE

1 1/4 cups beef broth
1/3 cup heavy cream
4 teaspoons cornstarch
1 tablespoon apple juice
1/4 teaspoon salt
1/8 teaspoon garlic powder
1/8 teaspoon onion powder
1/8 teaspoon white pepper
1 bay leaf

ON THE SIDE (OPTIONAL)

Lingonberry preserves

Instructions

1. Combine the onion, egg, egg white, beef broth, and water in a food processor or blender and mix on high speed for 15 second or until the onion is completely pulverized. If using a blender, pour this mixture into a large bowl and combine it with the ground meats, bread crumbs, and seasoning. Mix thoroughly with your hands. If using a food processor, add the ground meats, bread crumbs, and seasonings and mix on high speed for 30 seconds or until all of the ingredients are combined and the meat has a smooth consistency.

2. Preheat your oven to 350 degrees F.
3. Use a 1/3-ounce cookie scooper (or a teaspoon measure) moistened with water to form balls that are about 1 1/4 inches in diameter. Moisten your fingers with water to make forming the balls easier. Place the balls on a nonstick baking sheet or a baking sheet lined with parchment paper or a silicone baking mat and bake for 20 to 25 minutes or until the meatballs are just lightly browned. Turn the meatballs over halfway through the cooking time.
4. While the meatballs are baking, make the sauce by whisking all of the ingredients, except the bay leaf, into a small saucepan over medium heat. When the mixture begins to bubble, add the bay leaf, then reduce the heat and simmer for 6 to 7 minutes or until thick. Discard the bay leaf.
5. Just before you are ready to serve the meatballs, brown them in a saute pan over medium heat with with a couple of teaspoons of vegetable oil. Serve the meatballs with cream sauce poured over the top along with a small side of lingonberry preserves, if desired.

Tidbits: You can freeze the meatballs after they have baked. To reheat, add 2 teaspoons of oil to a saute pan over medium heat. Cook the meatballs in the pan, stirring often, until browned and hot all the way through.

Katie's notes: If you double this recipe, you can just barely fit it into a standard food processor. You may need to go slowly and scrape down the sides and blades a few times. In my opinion, these should always be enjoyed with mashed potatoes. Here's a good recipe for that:

Perfect Mashed Potatoes

From simplyrecipes.com

Notes: Always put potatoes in cold water to start, then bring to a boil. That way the potatoes cook more evenly. This recipe is easily doubled.

Ingredients

1 1/2 pounds (680 g) Yukon Gold potatoes, peeled and cut lengthwise into quarters
1/2 teaspoon salt
4 tablespoons (60 ml) heavy cream
2 tablespoons (30 g) butter
1 tablespoon milk (or more)
Salt and pepper

Method

1. Cook the potatoes: Place the peeled and cut potatoes into a medium saucepan. Add cold water to the pan until the potatoes are covered by at least an inch. Add a half teaspoon of salt to the water. Turn the heat to high and bring the water to a boil. Reduce the heat to low to maintain a simmer, and cover. Cook for 15 to 20 minutes, or until you can easily poke through the potatoes with a fork.
2. Prep the butter and cream: While the potatoes are cooking, melt the butter and warm the cream. You can heat them together in a pan on the stove or in the microwave.
3. Drain and mash the potatoes: When the potatoes are done, drain the water and place the steaming hot potatoes into a large bowl. Pour the heated cream and melted butter over the potatoes. Mash the potatoes with a potato masher. Then use a strong wooden spoon (a metal spoon might bend) to beat further. Add milk and beat until the mashed potatoes are smooth. Don't over-beat the potatoes or the mashed potatoes will end up gluey. Add salt and pepper to taste.