

Teena's Swedish Meatball Recipe

Servings: Makes 64 Large Meatballs or 128 small meatballs for appetizers

Ingredients

- 4 lb ground beef 85/15
- 1 pound ground pork
- 1 pound ground veal
- 3 cup breadcrumbs - using a food processor use approx. 4 pieces of bread to make crumbs.
- 4 large eggs
- 1 cup heavy whipping cream
- 4 Tbsp minced garlic
- 2 tsp kosher salt
- 1 tsp pepper
- 1 tsp ground allspice
- 1 tsp nutmeg
- 1/2 tsp dried dill
- 4 tsp baking powder

Optional:

- 1 medium onion
- 2 stalks celery
- sauteed in 1 Tbsp Butter + 2 teaspoons olive oil

Gravy Sauce:

- Drippings from the meatballs or 1/2 stick of butter
- 1/2 cup cornstarch or flour
- 4 cups water
- 4 tablespoons concentrated chicken stock
- 4 tablespoons concentrated beef stock
- 2 tsp dried dill
- 2 tsp dijon mustard
- 2 tsp Braggs liquid aminos
- 1 Tbls worchesteshire
- 2 cups heavy cream
- 2 Tblsp chopped parsely
- Large Pinch of both S&P

Optional Serving:

- chopped fresh dill for topping
- lingoberry sauce for the side

Optional Flavoring:

- add 1 can mushroom soup + 1/2 cup sour cream to stretch and make extra tasty

Steps

1. Preheat the oven to 350 F. and set the oven racks far enough apart so you can place baking pans on two seperate racks. All the meatballs can be cooked on 4 large sized baking sheets.
2. Line 4 baking sheets with tin foil to aid in the cleanup process.



3. Prepare the breadcrumbs in a food processor by chopping up 4-5 peices of stale bread. Then empty 3 cups of crumbs into a mixing bowl.
4. Whisk the eggs & cream together in a small bowl and then stir into the bredcrumbs making sure there are no large lumps.
5. Using a kitchenaide mixer with the paddle attachment beat the pork & the veal, along with the garlic and all seasonings including the baking power on high until smooth. Add the cream & breadcrumbs slowly on low until incorporated. Add the beef and mix on low as necessary. My bowl is barely large enough to mix all this together but it does a better job than mixing ny hand.
6. Using wet hands, for the mixture into 2" - 3" meatballs depending on your preferred meatball size. The mixture is very sticky so keeping your hands wet will help in handling the meatballs. Place on baking sheets with 1" space between them. Bake for about 25 minutes until done.
7. Remove the meatballs into a roaster or crockpot, reserve the juices & drippings by pouring them carefully into a large cast iron pan or other large pan to make the gravy.
8. Sauce/Gravy

Heat a large skillet over med-high heat with the reserved drippings. If you dont want to use the drippings you can melt 1/2 stick of butter. Add the cornstarch or flour; and whisk constantly for about a minute. Be careful not to burn the roux. Pour in the water whisking contastantl until sauce is slightly thickened and turn the heat to low.

9. Add in the remaining ingredients and taste the gravy. Return to medium heat and bring it to a low bubble and adjust flavor with salt & pepper. Pour over meatballs to serve immedialty or keep warm until time to serve.
10. These are easy to make ahaead and leave in your crockpot or roaster and heat up the next day as well. They freeze well and will keep well up to 3 months in the freezer.