

Recipe card for Meatballs with cream sauce

30 – 40 meatballs, serves 4
250g minced beef
250g minced pork
1 egg
2-3dl of cream (or milk) and water
2 ½ tbsp finely chopped onion
½ dl unsweetened rusk flour
2 boiled potatoes, cold
4-5 tbsp butter, margarine or oil
salt, white pepper (allspice)

This is how you do it:

Heat the onion until golden in a couple of tbsps of lightly browned butter, mash the potatoes and moisten the rusk flour in a little water. Mix all the ingredients into a smooth farce of the right consistency and flavour generously with salt, white pepper and (optional) a little fine crushed allspice. Using a pair of spoons rinsed in water, shape the farce into round balls and transfer to a floured into round balls and transfer to floured chopping board, then fry them quiet slowly in plenty of butter.

Sauce, serves 4:

1 dl cream
2dl water or beef stock
Chinese soy
(1 tbsp white flour)
salt, white pepper

This is how you do it:

Swirl out the pan with a couple of dl of boiling water or meat stock. Strain the pan juices and dilute with cream. Thicken with white flour if preferred. Season well, and this and the meatballs with freshly boiled potatoes, lingonberry jam (available in our Swedish Bistro for €1.80), A green salad and salted or picked gherkins.

Cheaters Tip: You can also purchase a pack of our frozen meatballs and cream sauce mix from our Swedish Bistro and save all your time for mingling with your family and friends.

See this and more recipes in IKEA's Real Swedish Food Book, available to buy in our Swedish Food Market for €3.50

