Sparkle Kitchen
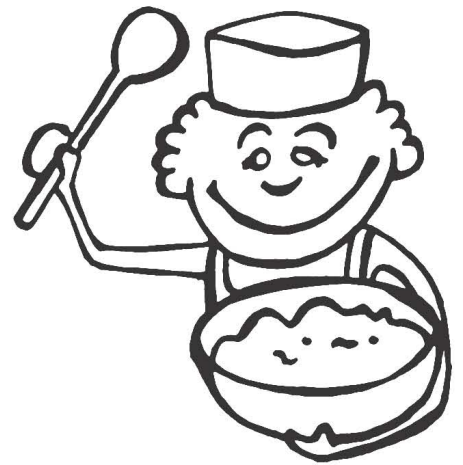
Swedish Meatballs

(Makes about 24 meatballs)

Ingredients

For the meatballs

1 cup milk

2 cups bread crumbs

2 eggs, whisked

2 pounds hamburger

1 pound sausage

small onion, diced

a pinch of nutmeg

1 Tablespoon salt

*For the gravy

Reserved fat from cooking the meatballs

½ cup flour

About 4 cups meat or vegetable stock (I like to use mushroom stock)

Salt and pepper, to taste

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Swedish Meatballs

Continued…

Directions

Mix the milk, bread crumbs, and egg in a large bowl. Leave that to soak as you mix the remaining meatball ingredients in another bowl. Combine the contents of the two bowls and mix it all together. You can use a large spoon, but I always find that a pair of clean hands is the best tool for really getting the ingredients blended.

Breaking off walnut-sized lumps, form the meatball mixture into balls. Fry them in batches in a high-sided skillet over medium heat. If your sausage is very lean, you may have to add a little olive oil to the pan to make the meatballs fry correctly, but I've never had that problem.

When the meatballs are finished, add ½ cup flour to the fat that should be remaining in the pan. (Again, if your meatballs are very lean, you may have to add a little olive oil. You want to have about 4 Tablespoons of fat in the pan when you start.) Whisk the flour and fat continually until it congeals together and starts to turn light brown.

Add the stock and continue to whisk until any lumps in the gravy are broken up. Let the gravy simmer for at least 10 or 15 minutes to thicken. If it gets too thick, a little more stock or some water can be mixed in to thin it back out.

Put the meatballs in a large crock-pot or serving bowl and pour the gravy over the top. You can eat them right away, but they only get better if you take a little time to dance first!

Enjoy!