

Swedish Meatballs

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Ingredients:

2 cups of soft bread crumbs.
2/3 cup of milk.
½ cup of minced onion.
4 tablespoons of butter.
1 ½ lbs of ground beef.
3 medium eggs, slightly beaten.
2 teaspoons of salt.
½ teaspoon of pepper.
1 teaspoon of nutmeg.
1 teaspoon of paprika.
3 tablespoons of flour.
1 cup of water.
1 cup of sour cream.
2 tablespoons of minced parsley.

Preparation:

Soak the breadcrumbs in the milk until softened.

In a small saucepan, add the minced onion to 1 tablespoon of butter; cook gently for 3 minutes.

Mix the softened bread, cooked onion and ground meat.

Add the eggs, salt, pepper, nutmeg and paprika. Mix thoroughly until very smooth and light.

Shape the mixture into small balls, dusting your hands with flour while shaping the balls.

In a large frying pan, melt the remaining 3 tablespoons of butter.

Add the meatballs and fry until golden brown all over.

Remove from pan and add the flour; stir until well blended.

Add the water, and a few grains of pepper.

Cook, stirring constantly until thickened.

Reduce heat to very low and cook for 5 minutes.

Stir in the sour cream, a rounded tablespoon at a time, stirring until thoroughly blended after each addition.

Return the meatballs to the gravy, cover pan and simmer very gently for 10 minutes.

Serve in a deep casserole.

Sprinkle with minced parsley.