

SWEDISH MEATBALLS

Equipment

None

Ingredients

12	oz	ground beef (85/15)
8	oz	ground pork
1/4	cup	finely chopped yellow onion (1 small)
1/4	cup	panko
1	large	egg
2	tbsp	lingonberry jam (plus more for serving)
1/4	tsp	ground allspice
4	tbsp	chopped fresh herbs (see Notes)
1 1/4	tsp	kosher salt, divided
1/2	tsp	black pepper, divided
3	tbsp	olive oil
3	tbsp	all-purpose flour
1 1/2	cup	beef broth
1/2	cup	heavy whipping cream
1	tbsp	Worcestershire sauce
2	tsp	sherry vinegar
2	tsp	Dijon mustard
1/2	cup	sour cream
		egg noodles (cooked)



Directions

- Combine ground beef, pork, onion, panko, egg, jam, allspice, 2 tablespoons of the herbs, 1 teaspoon of the salt, and 1/4 teaspoon of the pepper in a medium bowl. Mix with a fork or hands until combined; roll into 20 small meatballs (2 tablespoons each), and place meatballs on a baking sheet.
- Heat olive oil in large nonstick skillet over medium-high. Add meatballs, and cook, turning often, until browned on all sides and cooked through and a thermometer inserted in thickest portion registers 165°F, 8 to 10 minutes. Transfer meatballs to a plate with tongs or a slotted spoon, and cover with aluminum foil to keep warm; reserve drippings in skillet.
- Add flour to drippings in skillet, and cook over medium, whisking constantly, until lightly browned, 1 to 2 minutes. Slowly whisk in beef broth, cream, Worcestershire sauce, vinegar, Dijon mustard, and remaining 1/4 teaspoon each salt and pepper. Bring to a simmer over medium, and cook, whisking often, until sauce begins to thicken, about 3 minutes.
- Reduce heat to medium-low; whisk in sour cream and remaining 2 tablespoons herbs. Return cooked meatballs to skillet, and simmer, stirring occasionally, until coated, about 1 minute. Serve over cooked egg noodles; garnish with additional herbs, and serve with additional jam, if desired.