

Swedish Meatballs (Kottbullar)

Adapted slightly from my Great-grandmother Agda

serves 6 as a main dish

1/3 cup minced onion

1/2 cup bread crumbs

1/2 cup milk

1 egg

2 1/2 teaspoons salt

3 teaspoons sugar

1/2 teaspoon allspice

1/4 teaspoon nutmeg

1 pound ground chuck

1/2 pound ground pork

Soak bread for 5 minutes. Add the rest of the ingredients and mix well. (I like to use my hands to mix instead of bothering with a spoon). Roll into 3/4 inch balls. Wet your hands well to prevent sticking. After several meatballs, if your hands begin to stick, simply rinse them in warm water and begin again. Place meatballs on baking trays, cover, and refrigerate at least 2 hours.

Remove trays from refrigerator and uncover. Brown under broiler. Put in a baking dish with 1/2 cup beef broth. Cover and bake for 45 minutes at 350 degrees. Alternately, place in a slow cooker on low.

Serve meatballs over potatoes, egg noodles, or eat them with a toothpick. They are delicious enough to stand on their own, but yummy with gravy too.

These meatballs freeze very well. Feel free to double the recipe and make enough for another dinner.

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