

SWEDISH “KÖTTBULLAR” MEATBALLS

(4-5 servings)

- 500 g (18 oz) minced beef and pork
- 1 ½ teaspoon salt
- 1 ½ dl milk
- 1 dl breadcrumbs
- 1 egg
- 1 small yellow onion
- ground allspice (1½ krm)
- pepper (1½ krm)

Soak the breadcrumbs in the milk. Finely dice the onion and slowly sauté in a little butter without browning. Blend the ground meat, diced onion, egg, milk and breadcrumb mixture and the spices - preferably in a food processor or by hand. Add a little water if the mixture feels too firm.

Test-fry one meatball to check the taste. Then shape the meatballs by rolling them between your water-rinsed palms. Brown a generous pat of butter in a frying pan, and when it ‘goes quiet’ place the meatballs in the pan and let them brown on all sides. Shake the frying pan often. Serve boiled potatoes and raw stirred lingonberries.

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