

Poppy's Swedish Meatballs submitted by Vanessa Boucher

Ingredients

4 tbsp butter
2/3 cup minced onion
1 egg
1/2 cup milk
1/2 cup fresh bread crumbs
2 1/2 tsp salt
3 tsp sugar
1/2 tsp allspice
1/4 tsp nutmeg
1 lb ground chuck
1 lb ground pork
3 tbsp flour
1/8 tsp pepper
1 cup water
3/4 cup light cream

Cooking Instructions

In 2 tbsp hot butter in a large skillet, sauté onion until golden.
For the breadcrumbs, break day old bread down into 1 inch pieces.
In a large mixing bowl beat egg, add milk and bread crumbs and let stand for five minutes.
Add 1 1/4 tsp salt, 2 tsp sugar, allspice, nutmeg and meats and onion. Blend well with fork or mix all together by hand.
In same skillet, heat 2 tsp butter. Shape meatballs and put into skillet to brown on all sides.
Remove to warm plate and repeat until all meatballs are browned.
Into fat in skillet stir flour, 1 tsp sugar, 1 1/4 tsp salt and pepper. Mix this well until it is thick and smooth.
Slowly add water and cream and stir until thickened.
Return meatballs to gravy and heat well. Serve meatballs with mashed potatoes or egg noodles.