

Swedish Meatballs

Source: Serious Eats

Modified By: Michael D'Attilo

Yield: Makes 40 to 50 meatballs, serving 4 to 6 as a main course or 10 to 12 as an appetizer

Prep/Cook Time: 1 hour 30 minutes

Ingredients (Meatballs)

3 oz (80g) fresh white bread, crusts removed, bread cut into 1/2-inch pieces (about 1 3/4 unpacked cups)

1/2 cup (120ml) milk

2 tbsp (30g) unsalted butter,

1/2 medium onion, minced or grated, (for cooking)

1 lb + 4 oz (560g) ground beef chuck (about 20% fat)

12 oz (340g) ground pork (about 25% fat)

1/2 medium onion, minced or grated, (raw)

4 tsp (18g) kosher salt, plus more for seasoning

2 large eggs

1/4 tsp ground white pepper, plus more for seasoning

1/8 tsp ground allspice

Canola or vegetable oil, for frying

Ingredients (Sauce)

3 tbsp (45g) unsalted butter

3 tbsp (45g) flour

2 cups (480ml) low-sodium chicken broth (*Swanson tends to work well*)

1 tsp (5ml) soy sauce

1/2 tsp apple cider vinegar

Minced flat-leaf parsley, to garnish

Buttered boiled Yukon Gold potatoes and lingonberry jam, for serving (optional)

Instructions

In a medium bowl, combine bread with milk, tossing to coat. Let stand until bread is completely softened and most of the milk has been absorbed, about 10 minutes.

Meanwhile, in a small skillet, melt 2 tablespoons (30g) butter over medium-high heat. Add half of minced onion and cook, stirring, until onion is golden and tender, about 7 minutes.

In a stand mixer fitted with the paddle attachment, or in a food processor, combine ground beef, ground pork, soaked bread and any remaining milk, cooked onion, remaining raw onion, 4 teaspoons salt, eggs, white pepper, and allspice. Starting on low speed and increasing to medium-high, beat mixture until ingredients are thoroughly combined, about 30 seconds to 1 minute.

Line a baking sheet with parchment paper. Dipping your hands in water as needed to prevent meatball mixture from sticking, roll roughly tablespoon-sized portions of meatball mixture into balls slightly smaller than golf-ball size. Transfer to lined baking sheet.

Set a rack over a clean baking sheet and heat oven to 200°F (90°C). Heat about 1/2 inch oil in a wide skillet to 350°F (177°C). Working in batches, lower meatballs into oil and fry, turning until well browned all over, about 2 minutes. Transfer browned meatballs to rack and keep warm in the oven.

In a medium saucepan, melt remaining 3 tablespoons (45g) butter over medium-high heat until foamy. Whisk in flour and cook, whisking, until raw flour smell is gone, about 3 minutes. Whisk in chicken stock, bring to a boil, lower heat to a simmer, and cook until thickened, about 3 minutes. Whisk in soy sauce and cider vinegar. Season with salt and white pepper.

Add meatballs to gravy and stir to coat. Simmer until meatballs are heated through. Serve right away with buttered potatoes and lingonberry jam, or speared with toothpicks as an hors d'oeuvre.

To reheat: store meatballs and gravy separately. Heat gravy on stove top until warm; heat meatballs in a covered container at 350 degrees until warm, uncovering for past 2-3 minutes.

Cost Breakdown

Swedish Meatballs -- ~\$17.65 (2-3 full meals for 1 person; 10-12 appetizers)

~4 slices bread (16 slices for \$2.99) -- ~\$.75

1/2 cup milk (1/2 gallon for \$3.99) -- ~\$.25

5 tbsp unsalted butter (32 tbsp for \$4.79) -- ~\$.75

1 medium onion (1 for ~\$1.08) -- ~\$1.08

1.25 lb ground beef chuck (\$5.59/lb) -- ~\$7.00

.75 lb ground pork (\$3.99/lb) -- ~\$3.00

2 large eggs (1 dozen for \$4.39) -- ~\$.73

Canola oil (small bottle for \$2.59) -- \$2.59

2 cups low-sodium chicken broth (32oz for \$2.99) -- ~\$1.50

1 tsp (5ml) soy sauce -- negligible

1/2 tsp apple cider vinegar -- negligible

1/4 tsp ground white pepper -- negligible

1/8 tsp ground allspice -- negligible

3 tbsp (45g) flour -- negligible

4 tsp kosher salt -- negligible

Revision #4

Created 7 July 2020 02:06:26 by TehFishey

Updated 26 November 2024 20:23:28 by TehFishey