

Almost-Famous Swedish Meatballs



Recipe courtesy of Food Network Kitchen

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Some people drive for hours to get to an Ikea store, and we know they aren't making the trek just for the \$9.99 chairs. They're going for the Swedish meatballs. The dish has been a main attraction at Ikea Restaurants since an in-store chef developed the recipe in Switzerland in 1985. Although Ikea's Real Swedish Food Book, published in 2000, included a meatball recipe, reps confirmed that it is not the one served at their restaurants. Ikea is keeping that baby a secret, so chefs in Food Network Kitchens hit a nearby store for a tasting, then created this spot-on copy.

Level: Easy

Total: 50 min (plus chilling)

Active: 45 min

Yield: About 45 meatballs

Ingredients:

For the Meatballs:

- 1 cup breadcrumbs
- 2 tablespoons unsalted butter
- 1/3 cup minced white onion
- 2 cloves garlic, minced
- 1/4 teaspoon ground allspice
- Kosher salt and freshly ground white pepper
- 1/2 cup milk
- 1 teaspoon Worcestershire sauce
- 3/4 pound lean ground beef
- 1/2 pound lean ground pork
- 1 large egg plus 1 egg white, beaten
- Vegetable oil, for brushing

For the Gravy:

- 2 tablespoons unsalted butter
- 2 tablespoons all-purpose flour
- 1 1/2 cups low-sodium beef broth
- 1 teaspoon Worcestershire sauce
- 1/4 cup heavy cream
- Kosher salt and freshly ground black pepper
- 2 tablespoons chopped fresh parsley (optional)
- Lingonberry jam, for serving (optional)

Directions:

- 1** Make the meatballs: Put the breadcrumbs in a large bowl. Heat the butter in a skillet over medium heat. Add the onion, garlic, allspice, 2 teaspoons salt and 1/4 teaspoon white pepper and cook, stirring, until soft, about 5 minutes. Add the milk and Worcestershire sauce and bring to a simmer. Pour the milk mixture over the breadcrumbs and stir to make a thick paste; let cool. Add the beef, pork, egg and egg white to the bowl and mix until combined.
- 2** Brush a baking sheet with vegetable oil. Roll the meat into 1-inch balls and arrange on the prepared baking sheet. Cover with plastic wrap and refrigerate at least 1 hour.
- 3** Preheat the oven to 400 degrees F. Bake the meatballs until cooked through, about 20 minutes.
- 4** Make the gravy: Melt the butter in a large skillet over medium heat. Add the flour and cook, whisking, until smooth. Whisk in the beef broth and Worcestershire sauce and bring to a simmer. Add the cream and meatballs. Reduce the heat to medium low and simmer until the gravy thickens, about 10 minutes. Season with salt and black pepper. Transfer to a serving dish; sprinkle with the parsley and serve with



lingonberry jam, if desired.

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