

Swedish Meatballs

Meatballs

- 1 Large Brown onion, peeled and diced
- 2 Table spoon Butter
- 2/3 cup milk
- 4 slices of bread cut into pieces
- 2 eggs
- 450 gram ground pork mince
- 675 gram ground beef
- 2 teaspoon salt
- 1 teaspoon ground nutmeg
- 1 teaspoon ground cardamom
- 2 teaspoon black pepper

Sauce

- 1 large brown onion
 - 2 teaspoon garlic minced
 - 300ml sweet wine (moscato)
 - 3 x 420gram tin of diced tomato
 - ½ teaspoon cumin
 - ¼ teaspoon salt
 - ¼ teaspoon black pepper
- Method



Meatballs

1. Sauté the onion with the butter until soft and set aside.
2. Mix together the bread and the milk, set aside to soak for 15 min.
3. When bread has soaked up the milk blend it and pour it into a large mixing bowl.
4. Add the onion to the bread mix. Add all remaining ingredients.
5. With your clean hands mix the ingredients together until well combined.
6. Using a tablespoon measure out the mix and form the meatballs. You should get about 40.
7. Heat some butter in a fry pan and sauté the meatballs until lightly brown. You don't need to cook them all the way through just brown them at this stage.

Sauce

1. In a pot sauté the onion and the garlic. Add the tomato, cardamom, cumin salt and pepper.
2. Bring the sauce to a boil, and cook for 10 mins.
3. Add the moscato and the meatballs and cook for another 8 minutes to cook the meatballs.