



FINCH + FENNEL

Swedish Meatballs with Nutmeg

MEATBALL INGREDIENTS:

½ lb Ground Beef
½ lb Ground Pork
2 Eggs, lightly beaten
½ c Panko Breadcrumbs
2 Tbsp Brown Mustard
¼ c Sour Cream
1 Tbsp Worcestershire Sauce
2 Tbsp Salt
1 Tbsp Pepper
Zest of 1 Lemon
Zest of 1 Orange
1 Yellow Onion, diced
1 Tbsp Olive Oil
3 Garlic Cloves, microplaned
6 White Bread Pieces, diced without crust
3-4 Tbsp of Parsley for garnish

SAUCE INGREDIENTS:

1 c Heavy Cream
2 Tbsp Butter
½ c Sour Cream
3 Tbsp grated F+F Whole Nutmeg Spice
Salt & Pepper, to taste
½ c Parmesan
Juice of ½ Lemon



DIRECTIONS:

1. Combine ground meats in a large mixing bowl.
2. Add in eggs, breadcrumbs, brown mustard, ¼ cup sour cream, Worcestershire sauce, salt, pepper & zest of lemon & orange.
3. Sauté diced onion on stove top in olive oil with microplaned garlic until onion is translucent. Set aside to cool.
4. While onion cools, chop up white bread, removing crust, or tear into tiny pieces. Then incorporate bread into the meat mixture, by hand.
5. Add cooled onions to the meat & mix well, making sure everything is combined & evenly distributed.
6. Scoop into tablespoon-sized balls. Let firm up in the fridge before baking or frying, about 30 minutes.
7. If frying, pour ¼-inch of canola or avocado oil into a medium-sized sauté pan. Bring oil to 350°F. Then, add in meatballs, flipping occasionally, so they brown on each side.
8. If baking, preheat the oven to 400°F & place meatballs on a foil-lined sheet tray with a wire rack. Bake for 20 minutes.
9. To make the sauce, add heavy cream & butter to a sauce pan. Bring to a slow boil, reduce heat, and simmer gently, until it begins to reduce & thicken.
10. Once the cream & butter have reduced by about ¼ of a cup, whisk in ½ cup sour cream, nutmeg, salt & pepper.
11. Remove from heat and allow to cool slightly. Stir in Parmesan & lemon juice.
12. Add the meatballs to the sauce & return to a simmer. Simmer for 5-10 minutes.
13. Serve over rice or noodles. Top with parsley.

Enjoy!

