



SWEDISH MEATBALLS WITH MASHED POTATOES

Ingredients:

For the meatballs:

- 5-10 cm of ciabatta
- 100 ml milk
- 2 tablespoons olive oil
- 2 shallots
- 600 gram of minced meat (mix pork / beef)
- 1 egg
- A few turns of salt
- A few turns of pepper
- 0.5 tablespoon nutmeg
- 0,5 tablespoon garlic powder
- 0,5 tablespoon cumin
- 0,5 tablespoon chili powder
- 0,5 tablespoon cinnamon
- 2 tablespoons butter

For the sauce:

- 3 tablespoons butter
- 3 tablespoons flour (as much flour as butter)
- 400 ml beef bouillon (fond)
- 20 cl cream (30% fat)
- 1 tablespoon Worcestershire sauce
- A few turns of salt
- A few turns of pepper

For the mashed potatoes:

- 600 gram potatoes
- 1 egg
- 2 tablespoons fresh parsley
- Pepper
- 1 tablespoon mace or nutmeg



SWEDISH MEATBALLS

Recipe:

1. Start with the bread for the meatballs. Tear it in pieces and let it soak in milk in a small bowl. Set aside while you are preparing the meatballs.
2. Cut the shallot as small as possible. Heat one tablespoon of olive oil in a pan and fry the shallot until they get slightly transparent, but not brown. Once they are done, set aside.
3. Take a large bowl and combine the ingredients for the meatballs, except for the olive oil and butter. Before adding the bread, squeeze out the milk. Be careful that the shallots aren't still too hot when you add them. If necessary, wait a moment to start with the meatballs until they cooled down slightly.
4. Mix all the ingredients for the meatballs with your hands (or a spatula) and when everything is even, form meatballs. You can make them the size you want, but I would suggest of about 4 cm diameter.
5. In the same pan you used for the onions, heat the oil and butter, and bake the meatballs until they are getting brown on all sides.
6. Now you make the sauce. You can do this in the pan you used for the meatballs (take them out first!), but I do it in a separate sauce pan. Make a roux, that is the base for many sauces. For this: heat the butter for the sauce and add as much flour until you get a nice thick consistency. Whisk it well, because if you don't it may stick and burn to your pan.
7. Gradually add the beef bouillon while continuously stirring, then the cream and then the Worcestershire sauce, salt and pepper. Let it cook for a moment, so the sauce gets a little bit thicker.
8. Put the meatballs and the sauce in a casserole that is oven resistant, cover, and put in the preheated oven for another 15 minutes on 180°C. If you made smaller meatballs, don't put them in the oven for too long, not more than 8 minutes. Did you made large meatballs? Check if they are done by cutting one at 15 minutes. If not, keep them in the oven for another 5 minutes or as long as needed.



THE MASHED POTATOES

Recipe:

1. Start preparing your mashed potatoes just before making the sauce.
2. Peel the potatoes with a knife or a peeler. Cut them in equal size. The larger the pieces, the longer they need to cook.
3. Rinse the potatoes and add water until they are covered.
4. Put the pot on the stove and boil.
5. Check with a fork if the potatoes are ready. It should be easy to go through them, but not too easy that they break by looking at them.
6. Drain the water and start mashing the potatoes with a fork or a potato masher. Add the herbs: pepper and mace (or nutmeg).
7. Check the consistency: is it very dry? Or rather wet? Add a bit of butter, and mash again, check if you like the feel of the mashed potatoes. If you'd like it more liquid, you can add some milk. If you like it a bit more creamy, add an egg. Make sure to mash quickly, because egg will bake with the heat of your potatoes. Don't be distracted!

Serve everything on a plate and decorate with some chopped parsley.