

Swedish Meatballs



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Prep Time 20 minutes

Cook Time 45 minutes

Serves 4-6

INGREDIENTS

Meatballs

- 2 slices fresh white bread
- ¼ cup milk
- 3 Tablespoons clarified butter, divided
- ½ cup finely chopped onion
- 1 teaspoon + 1 pinch kosher salt
- ¾ lb ground chuck (80%)
- ¾ lb ground pork
- 2 large egg yolks
- ½ teaspoon black pepper
- ¼ teaspoon ground allspice
- ¼ teaspoon freshly grated nutmeg

Gravy

- ¼ cup all-purpose flour
- 3 cups beef broth [I used 2 cups chicken broth and 1 cup beef broth]
- ¼ cup heavy cream

STEPS

- **Start.**
 - Preheat oven to 200°
 - Tear the bread into pieces and place in a small mixing bowl along with the milk. Set aside
- **Sauté onion.** In a 12-inch straight sided saute pan over medium heat, melt 1 tablespoon of the butter. Add the onion and a pinch of salt and sweat until the onions are soft. Remove from the heat and set aside.
- **Mix the meat and spices.** In the bowl of a stand mixer, combine the bread and milk mixture, ground chuck, pork, egg yolks, 1 teaspoon of kosher salt, black pepper, allspice, nutmeg, and onions. Beat on medium speed for 1 to 2 minutes.
- **Create the meatballs.** Using a scale, weigh meatballs into 1-ounce portions and place on a sheet pan. Using your hands, shape the meatballs into rounds.
- **Cook the meatballs.** Heat the remaining butter in the saute pan over medium-low heat, or in an electric skillet set to 250 degrees F. Add the meatballs and saute until golden brown on all sides, about 7 to 10 minutes. Remove the meatballs to an ovenproof dish using a slotted spoon and place in the warmed oven.
- **Make the gravy.**
 - [Drain the fat from the pan and re-add 3 Tablespoons]
 - Once all of the meatballs are cooked, decrease the heat to low and add the flour to the pan or skillet. Whisk until lightly browned, approximately 1 to 2 minutes.
 - Gradually add the beef stock and whisk until sauce begins to thicken.
 - Add the cream and continue to cook until the gravy reaches the desired consistency.
 - Remove the meatballs from the oven, cover with the gravy and serve.
- **Serve.** Serve over noodles, rice, or with boiled potatoes. Serve with lingonberry preserves on the



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side (use raspberry if you can't find lingonberry).

NOTES & VARIATIONS

- <http://www.foodnetwork.com/recipes/alton-brown/swedish-meatballs-recipe.html>
- See also Serious Eats recipe:
<http://www.seriousseats.com/2014/12/how-to-make-the-best-swedish-meatballs.html>
 - Similar but SeriousEats fries in 1½" oil; the gravy is made with chicken broth; Meat mixture is 2:1 beef:pork for more cohesiveness. Might use this mixture for football party where toothpicks are involved.
- To make clarified butter:
 - Microwave butter in microwave at 50% power
 - Let stand for 10 minutes
 - Scoop froth off top
 - Slowly pour the butter fat into another container leaving milk solids behind.
- 12/13/15: Very good but there are a lot of ingredients and steps to get the noodles and gravy done at about the same time. Some of that business may have been due to my using two light stands to get pictures with 2 off-camera flashes.
- 12/13/15: I drained all the fat and re-added a bit more than 3 Tablespoons to make the roux. The gravy needed salt because I used homemade chicken stock which is very light on stock

METADATA

| Attribute | Value |
|---------------|--|
| Created | December 10, 2015 |
| Date prepared | December 13, 2015 |
| Key words | |
| Hardware | Electric skillet (optional), Stand mixer |
| Blog | http://2for66.com/2015/12/14/swedish-meatballs/ https://2for66.com/2018/02/26/swedish-meatballs-2/ |