



SWEDISH MEATBALLS

FROM JESSICA PRENTICE

INGREDIENTS

1 lb ground grass-fed beef or other red meat
3 oz liver from grass-fed ruminant animal
1/2 onion, peeled and coarsely chopped
1 handful parsley leaves (or substitute celery leaves or a lesser quantity of lovage leaves)
1 egg yolk
2 tablespoons sourdough bread crumbs, or raw sourdough
1 teaspoon Celtic sea salt, or other high quality salt
1/2 teaspoon pepper
1/4 teaspoon dried herbs such as thyme, sage, marjoram, oregano or rosemary, optional
1/4 cup tallow, lard, or other fat
1 cup beef (or other) broth, simmering covered in a small pan with a few parsley stems, slices of onion, and a bay leaf
1/4 cup crème fraîche
salt and pepper to taste

PROCEDURE

1. Put the ground beef into a bowl.
2. In a food processor, place the liver, onion, and parsley leaves, and process by pulsing into a coarse texture.
3. Add the egg yolk and the bread crumbs, flour, or sourdough to the food processor. Also add the salt, pepper, and dried herbs, then pulse until well-mixed.
4. Add the contents of the food processor bowl to the ground beef and mix thoroughly.
5. Form the meat into balls about 1 1/2 inches in diameter.

6. Heat the tallow or other fat in a skillet over medium–high heat. When the fat is hot, add the meatballs in a single layer without crowding. (You will probably need to cook them in two batches.)
7. After the bottoms of the meatballs are cooked, gently turn them so that they are cooking on another side. Continue until they are cooked on all sides and all the way through. Keep warm on a plate.
8. Strain the beef broth into the skillet and scrape up all the browned bits into the broth as it cooks. Simmer for a few minutes to reduce.
9. Turn off heat and add the crème fraiche to the pan, whisking it into the cooked broth. Season to taste with salt and pepper.
10. If the meatballs are too cool, you can return them to the gravy to warm up. Otherwise, pour the gravy over the meatballs.
11. Swedish meatballs are traditionally served with boiled potatoes and lingonberry jam. I often eat them with mashed potatoes, and a dollop of sauerkraut, and a fresh green vegetable. Lingonberry or other tart jam goes beautifully as well.

Serves 3–4