



JERNEJ KITCHEN

SWEDISH MEATBALLS

Swedish Meatballs are a fantastic main dish made in half an hour. Make them in an oven or on the stove, and serve the meatballs with the best cream sauce.

SERVES	4	PEOPLE
PREPARATION:	10	MINUTES
COOK/BAKE:	15	MINUTES
TOTAL TIME:	25	MINUTES

MEATBALLS

50 g (1 thick slice) white bread, crust removed

80 g (1/3 cup) warm milk

1 small onion

1 tbsp parsley, chopped

1 clove of garlic

1 tsp BAM Spices Arabic Coffee Mixture (or a mixture of nutmeg, cloves, cinnamon)

1 egg

600 g (1.4 pounds) ground beef

1 tsp salt

1/2 tsp black pepper, freshly coarse

1 tbsp olive oil, for drizzling

SAUCE

40 g (3 tbsp) butter

30 g (3 tbsp) flour

750 ml (3 cups) beef broth or water

60 g (1/4 cup) whipping cream

1 tbsp fresh parsley or dill, chopped

PREPARATION (FOR OVEN BAKING)

Place a rack in the middle of the oven and preheat the fan-assisted oven to 220 °C / 430 °F or a conventional oven to 230 °C / 445 °F. Line a large baking sheet with parchment paper.

STIR THE INGREDIENTS FOR THE MEATBALLS

In a bowl, combine bread cut into small pieces, warm milk, diced onion, garlic, and chopped parsley. Season with BAM Spices Arabic Coffee Mixture (or 1 tsp homemade mixture made of ground nutmeg, cinnamon, and cloves). Add an egg and stir well with a spatula.

SHAPE IN MEATBALLS AND BAKE

Add the meat and the bread mixture to a large bowl. Season with salt and pepper. Knead into a smooth mixture and shape into 36 small meatballs, approximately 3 cm or 1-inch in diameter. Arrange the meatballs on the prepared baking sheet and drizzle with olive oil. Place in the oven and roast for 12 minutes at 220 °C / 430 °F (fan-assisted oven) or at 230 °C / 445 °F in a conventional oven.

TIP

[Feel free to pan-fry the meatballs on the stove - more information above.](#)

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Make the sauce. Place a large pan on medium-high heat. Add the butter. When it melts, add the flour and stir well with a spoon. Cook for 5 - 8 minutes or until the flour is golden-brown. Be careful not to burn it. While whisking continuously with a whisk, pour the beef broth to get a smooth sauce. Bring

Sponsoredto a boil and simmer for 3 minutes. Add the whipping cream

TOOLS AND EQUIPEMENT

bowl

spatula

baking sheet

large pan

whisk

and season with salt and pepper. Add the baked meatballs and simmer for another 6 - 8 minutes. Serve with chopped parsley and dill.