

Swedish Meatballs in Dill Cream Sauce



Ingredients

Serves: 4

800ml beef stock
250g pork mince
1/4 teaspoon ground allspice
1/2 teaspoon salt
tablespoon milk
50g butter
100ml milk
Few sprigs fresh dill, to serve

250g beef mince
1/4 teaspoon ground nutmeg
1 tablespoon plain flour
1/4 teaspoon ground black pepper
1 egg, lightly beaten
50g plain flour
1 tablespoon chopped fresh dill
Salt and freshly ground black pepper, to taste

Preparation

1. Bring beef stock to the boil in a large saucepan.
2. Meanwhile, mix the beef and pork mince with the nutmeg, allspice, 1 tablespoon flour, salt and pepper in a large bowl; stir in the 1 tablespoon milk and egg. Shape into 20 meatballs.
3. Carefully place the meatballs in the stock, cover and simmer for 10 minutes. Remove the meatballs with a slotted spoon and keep warm. Carefully pour the stock out of the pan; set aside.
4. Melt the butter in the pan for 3 minutes. Sprinkle in the flour and continue to cook for 1 minute, until a thick paste forms. Gradually whisk in the reserved hot stock.
5. Add 100ml milk and fresh dill, stirring constantly for 2 minutes so the sauce becomes smooth and thick; season with salt and pepper to taste.
6. Gently place the cooked meatballs in the sauce and warm through for 5 minutes before serving.
7. Serve over fresh pasta or hot rice. For a richer version, use single or double cream instead of milk.



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