



SWEDISH MEATBALLS *(serves 4)*

Recipe by KATHRYN JOEL

Meatballs

225 g ground beef

225 g ground pork

1 small onion, or ½ medium to large, finely chopped

30 g butter

1 egg, lightly beaten

white bread for making breadcrumbs (50 g crumbs needed)

200 ml whipping cream

¼ tsp ground allspice

¼ tsp ground nutmeg

1 tsp kosher or sea salt, or to taste

Freshly ground white pepper (or substitute black pepper)

Butter and olive oil for frying

Pan Sauce

60 ml (¼ cup) dry white wine, or use aquavit

125 ml (½ cup) beef stock

175 ml whipping cream

Freshly squeezed lemon juice, to taste

To Serve

Italian flat leaf parsley, chopped

Mashed potatoes

Lingonberry / Cranberry sauce

Oven Roasted Brocollini

- In a small skillet, melt the butter and sweat the onions, seasoning with salt. Cook until softened and translucent then remove from the pan and allow to cool.
- Tear up the white bread and add to a blender or food processor. Process to a crumb and measure 50 grams for the meatballs. Freeze any leftovers for another time.

- In a small bowl, combine the breadcrumbs with the whipping cream.
- In a large bowl, add the beef and pork. Add the cooled onion and the breadcrumbs and cream, spices and salt and pepper and use your hands to mix together well.
- Form the meat mixture into walnut sized meatballs.
- Chill until you are ready to cook them.
- Add butter and oil to a heavy cast iron pan, until sizzling then add the meatballs in batches as necessary, and sauté until nicely caramelized. Remove from the pan and set aside.
- Deglaze with the wine (or aquavit) and reduce to 1 tbsp or so, then add the stock and reduce by half.
- Add the whipping cream, and reduce until thickened.
- Season to taste with salt,
- Return the meatballs and any juices to the pan.

MASHED POTATO

1350 g mashing potatoes, Russets or Yukon gold work well, scrubbed, peeled and halved or quartered depending on size

50 g butter

250 ml milk, or as needed, scalded

salt and nutmeg to taste

- In a pan, cover the potatoes with cold water and add salt. Bring to a boil then cook until tender, about 40 minutes.
- Drain and allow to steam briefly in a colander, covered with a tea towel.
- Skin the potatoes then use a ricer to mash them into a large bowl, adding the butter.
- Transfer the potatoes to a pan, and whisk in the hot milk over a low heat, adding enough to achieve your desired consistency. Season to taste with salt and nutmeg.

LINGONBERRY / CRANBERRY SAUCE *(yields 250 ML)*

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2 cups fresh or frozen lingonberries or cranberries

100g sugar

60 ml water

Zest and juice of 1 orange

Salt to taste

Cinnamon stick

1/4 tsp allspice

Optional: orange liquer, or port

- In a pan, combine the water, sugar and orange juice over a medium high heat and heat and stir until the sugar dissolves.
- Add the cranberries to the pot and bring to a simmer.
- Add the cinnamon stick, allspice and a pinch of salt.
- Simmer, covered, for approximately 10 minutes or until most of the cranberries have burst.
- Remove from heat and add the optional liquer. Remove the cinnamon stick.

ROASTED BROCCOLINI

1 package broccolini, washed

Extra-virgin olive oil

Zest of 1 lemon

Sea or kosher salt

- Preheat your oven to 400 F.
- Separate any larger clumps of broccolini.
- In a bowl, toss the broccolini with olive oil, and season with salt and lemon zest.
- Arrange in a single layer on a parchment lined sheet pan.
- Roast in the preheated oven for about 15, turning halfway through. Your broccolini should be tender, and browned at the edges.

EQUIPMENT

Food processor or blender for making breadcrumbs

Cutting boards and knives

Heavy or cast iron skillet, for meatballs

Pot for cooking potatoes

Ricer, or potato masher

Pot for lingonberry / cranberry sauce

Sheet pan