

## Slagthuset's Meatballs with Cream Sauce

by chef Ulf Andersson

**Serves:** 4 people

**Time:** 30 minutes

### Meatballs' ingredients:

500 gr (1 lb) of ground meat of your choice (original: ½ beef, ½ pork)

1/2 dl (¼ cup) of dried bread crumbs

2 dl (1 cup) milk

1 onion (chopped)

Butter (for frying)

1 egg

Salt

Freshly ground white pepper

### Cream sauce ingredients:

15 ml (1 table spoon) Maizena (corn starch or similar), stirred with a little water

5 ml (1 tea spoon) Japanese soy sauce

For a darker sauce; a dash of Chinese soy sauce

1/2 beef boullion/broth dice or equivalent of liquid beef stock concentrate

Gravy sauce from frying

2 dl (1 cup) of cream (35 – 40% fat cream)

### Preparation:

Put the bread in the milk so it soaks up fully. Stir every now and then.

Peel and chop the onion. Heat the butter in a frying pan. Add the onion when the butter has "quieted", and brown it gently on low heat.

Add the browned onion to the soaked bread. Stir in the egg. Use stick mixer to puree the onion.

Place the minced meat in a large bowl. Add the onion mix and stir well. Sprinkle with a few drops of water for a smoother texture. Season with salt and pepper.

Rinse a sheet of waxed paper with cold water. Shape small, fine meatballs and place on the paper, but first make a few and test-fry them in a little butter. Season to taste. Shape the rest of the meat mix into small buns (3-4 cm or 1 ½ inch wide), and place them on the waxed paper.

Fry the meatballs in butter in a frying pan. Turn gently.

Pour the meatballs into an ovenproof bowl and keep them warm. Boil off the frying pan with a few tablespoons of water after each round of meatballs, and save the gravy in a bowl.

Boil the cream with broth cube or similar and gravy sauce, season with Japanese soy, salt and pepper to taste. Thicken the sauce while simmering by adding the corn starch mixture and color the sauce a light brown with the Chinese soy.

### Best served with:

Mashed potatoes, lingonberry jam and pickled cucumber.