

Swedish Meatballs

Presented by **Fred Sommers**.

My story

“Everybody likes my Swedish meatballs, so I decide to keep sharing them, and they keep asking me for more, so for all the meetings I bring more”

The history

The history of Swedish meatballs reveals (according to some sources) that they are not Swedish at all. The story is that King Karl XII, who reigned as King of Sweden from 1697 to 1718, brought “kofte” home from Turkey, where he lived from 1709 to 1714. These were then adapted to the Swedish way of life as “**Köttbullar**”. (reference www.tasteofhome.com)

Swedish meatballs, or **Köttbullar**, must be prepared, above all, with love. **Mammas Köttbullar** (Mom’s meatballs’) is a widespread concept in Sweden, and each mom has her favorite recipe. Typically, **Köttbullar** are made with a mix of ground pork and beef, eggs, breadcrumbs or potato, and a little bit of milk together with spices salt, pepper and most important, allspice. The most common way to serve is with mashed potatoes, cream sauce, and lingonberries or lingonberry jam. Meatballs and macaroni with ketchup are popular among children.

The Recipe (reference www.Sweden.se)

Ingredients (4-6 servings)

500 g (18 oz) ground (minced) beef/pork mixture
 250 ml (1¼ cup) milk
 75 g (¾ cup) white breadcrumbs
 1 egg
 1 onion
 salt, white pepper
 ground allspice

Preparation

Finely dice the onion and sauté gently in a little butter without browning. Soak the breadcrumbs in milk. Blend the ground meat, preferably in a food processor, with the onion, egg, milk/breadcrumb mixture and the spices to the proper consistency and taste. Add a little water if the mixture feels too firm. Check the taste by test-frying one meatball. Then shape small meatballs with the aid of two spoons and place on water-rinsed plates. Brown a generous pat of butter in a frying pan, and when it ‘goes quiet’ place the meatballs in the pan and let

them brown on all sides. Shake the frying pan often. Serve with potato purée or boiled potatoes and raw stirred lingonberries.

