

From the kitchen of Julie Zepf

Swedish Meat Balls

2 lbs chop meat (1 lb beef, ½ lb veal, ½ lb pork)
1 ½ cups plain breadcrumbs
1 cup milk
½ teaspoon ground allspice
1 large onion chopped
3 cans beef consommé
1 can water
4 tablespoons flour
4 tablespoons butter

Preheat oven to 325 degrees.

Melt butter in large fry pan, add chopped onions and sauté until yellow (soft but not brown). In large mixing bowl add meat, breadcrumbs, milk, allspice and sautéed onions. Mix well and roll into small balls. Fry in pan in which you cooked onions, as meat browns on all sides remove to casserole. When all are browned, stir in flour to about 4 tablespoons of butter (if you don't have that amount left from frying add some more butter), then stir in consommé and water, a little at a time so no lumps will form. Cook until broth starts to thicken. Pour over meatballs in casserole and stir gently with a wooden spoon. Bake covered for 1 hour. I like to make mine a day or two ahead then just warm on day when you want to serve. (Take out of frig let get just to room temperature then heat in 300 degree oven until liquid starts to bubble). Serve with buttered egg noodles.