



THEFOODMERCENARY

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FISH FEAR MY NAME!

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SWEDISH MEATBALLS

Ground Veal	1 ½ pounds
Ground Pork	1 ½ pounds
3 large stalks celery	diced small
1 onion (10oz weight cleaned)	diced small = about 1 ½ cups
2 T fresh garlic	chopped
1 cup bread crumbs unseasoned	
2 x-large eggs	
1T granulated onion	1T black pepper
1 ½ T Salt	1 ½ T dry sweet Basil
10oz. Heavy Cream	
1/3 cup grated romano, or parmesan	
2 T parsley or chervil	
1t dry mustard	

Saute` onions and celery in just enough oil to keep them from sticking in your pan. Corn, vegetable and canola oil are all fine. Celery first until thoroughly hot and actual cooking has begun, then onions until translucent. The garlic is added when the celery and onions are done.

Cool off in refrigerator laid out flat so they cool faster and do not over cook.

In a mixing bowl, add cream and eggs first, followed by all seasonings. Stir till salt is dissolved-several minutes. Add bread crumbs and cheese.

Mix thoroughly. Add cooked vegetables. Mix again. Add meat last, in small pieces, ground veal and pork. Then mix by hand till blended. Scoop out into balls. Roll by hand till smooth. Store on a sheet pan and on baking/parchment paper. Pop in freezer till solid. The cooking time will depend on the size of the balls, oven temperature and accuracy. A 1½ oz meatball takes about 25 minutes in a 375 oven.