

Swedish Meatballs

<http://butcherblockco.com/blog/national-meatball-day/>

Recipes courtesy of Chef J Whiting

Meatballs

- 1 lb. ground beef
- ½ lb. ground pork
- 8 oz. cream
- 1 cup fresh bread crumbs
- 1 tsp nutmeg
- 1 tsp white pepper
- 1 tsp salt

Combine all ingredients; form into 1” balls.
Heat a large cast iron skillet on medium.
Coat pan with butter or oil and add meatballs.
Cook until dark brown.



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Sauce

- ½ onion, diced
- 2 cloves garlic, minced
- 4 oz. red wine
- 1 tsp chopped fresh rosemary
- 1 tsp chopped fresh thyme
- 6 oz. tomato paste
- 12 oz. crushed tomatoes, canned or fresh
- Salt & pepper

Sweat the onions in a large pan (use the one you cooked the meatballs in!) until they begin to turn translucent.

Add garlic and let it start to brown.

Deglaze with wine and add the herbs.

Reduce by ½ and add tomato and bring to a simmer.

Season to taste with salt and pepper.