

Swedish Meatballs with Lingonberry Sauce



Serves 4 Prep 15 mins

Cooking 30 mins

Easy

Ingredients

For the meatballs

1.2 medium onion, roughly chopped
85g fresh white breadcrumbs
1 tbsp chopped parsley
200g lean pork mince
200g lean turkey mince
grating of nutmeg
1 tbsp plain flour + extra for dusting
oil, for frying
1 tbsp butter
400ml stock
2 tbsp single cream

Pickled cucumber

1/2 cucumber, approx 125g
3 tbsp white wine vinegar
100ml warm water
1 tbsp sugar
1 ml salt
1 tbsp parsley

600g Maris Piper for mashed potatoes

To serve

Lingonberry jam

1. Whizz the onion, breadcrumbs & parsley in a food processor until finely chopped. Add the mince, nutmeg and seasoning. Use the pulse button to mix but don't overdo it or you'll make a paste. Form into 20 walnut-sized meatballs and dust with flour.
2. Heat the oil in a large frying pan & fry the meatballs in batches until browned all over, then carefully lift them out with a slotted spoon & drain them on kitchen paper or you can bake the meatballs in the oven: preheat the oven to 225C/ 200C Fan/ Gas mark 7. Place the meatballs on a baking tray. Heat in the middle of oven for \pm 15 mins.
3. Melt the butter in the pan, then sprinkle over the flour and stir well. Cook for 2 mins, then slowly whisk in the stock. Keep whisking until it is a thick gravy, then return the meatballs to the pan and cook them for 5 mins. Stir in the cream. Before serving, check one to see if they are cooked all the way through to the centre.
4. For the pickled cucumber: slice the cucumber thinly. Mix the vinegar, water, sugar and salt until the sugar and salt dissolve. Add the cucumber. Leave to stand in a cool place until serving. Garnish with a little parsley.
5. For the mashed potatoes: boil the potatoes until tender and drain. Put through a ricer, if possible and add some butter, or cream, if you wish.
6. Serve with the Lingonberry jam.